































Alcatraz Island, CA - Jun 2013

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:41	4.2	7:42	5.7	1:04	1.6	12:40	0.6	5:48	8:26	
2	Sun	8:04	4.0	8:27	5.8	2:12	1.1	1:37	1.1	5:48	8:26	
3	Mon	9:22	4.0	9:09	6.0	3:10	0.6	2:31	1.6	5:48	8:27	
4	Tue	10:29	4.1	9:48	6.0	3:59	0.1	3:21	1.9	5:48	8:28	
5	Wed	11:27	4.3	10:24	6.0	4:43	-0.2	4:07	2.3	5:47	8:28	
6	Thu			12:17	4.4	5:21	-0.4	4:51	2.5	5:47	8:29	
7	Fri			1:01	4.5	5:57	-0.5	5:32	2.7	5:47	8:29	
8	Sat			1:42	4.5	6:31	-0.6	6:12	2.8	5:47	8:30	
9	Sun	12:05	5.9	2:19	4.6	7:04	-0.6	6:51	2.9	5:47	8:30	
10	Mon	12:40	5.8	2:55	4.6	7:36	-0.6	7:31	2.9	5:47	8:31	
11	Tue	1:16	5.6	3:30	4.6	8:09	-0.5	8:14	2.9	5:46	8:31	
12	Wed	1:54	5.4	4:06	4.7	8:44	-0.3	9:01	2.9	5:46	8:32	
13	Thu	2:35	5.1	4:43	4.7	9:21	-0.1	9:56	2.8	5:46	8:32	
14	Fri	3:22	4.7	5:22	4.9	10:00	0.2	10:59	2.6	5:46	8:33	
15	Sat	4:17	4.3	6:02	5.1	10:44	0.5			5:47	8:33	
16	Sun	5:27	3.9	6:43	5.3	12:07	2.2	11:32 AM	1.0	5:47	8:33	
17	Mon	6:51	3.7	7:26	5.6	1:11	1.7	12:26	1.4	5:47	8:34	
18	Tue	8:19	3.7	8:10	6.0	2:09	1.0	1:22	1.8	5:47	8:34	
19	Wed	9:37	3.9	8:55	6.3	3:02	0.3	2:19	2.1	5:47	8:34	
20	Thu	10:44	4.2	9:42	6.7	3:51	-0.4	3:15	2.3	5:47	8:35	
21	Fri	11:42	4.5	10:30	6.9	4:39	-0.9	4:10	2.4	5:47	8:35	
22	Sat			12:34	4.8	5:27	-1.4	5:05	2.5	5:48	8:35	
23	Sun			1:23	5.0	6:15	-1.6	6:00	2.4	5:48	8:35	
24	Mon	12:12	7.0	2:10	5.2	7:02	-1.7	6:57	2.4	5:48	8:35	
25	Tue	1:04	6.8	2:56	5.4	7:50	-1.5	7:56	2.3	5:49	8:35	
26	Wed	1:58	6.4	3:43	5.5	8:37	-1.2	9:00	2.1	5:49	8:35	
27	Thu	2:54	5.8	4:29	5.6	9:25	-0.7	10:09	2.0	5:49	8:35	
28	Fri	3:55	5.2	5:17	5.7	10:14	0.0	11:22	1.7	5:50	8:35	
29	Sat	5:04	4.5	6:06	5.8	11:05	0.6			5:50	8:35	
30	Sun	6:24	4.1	6:55	5.9	12:36	1.4	12:01	1.3	5:51	8:35	