
































Alcatraz Island, CA - Sep 2013

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:54	4.8	9:47	5.7	3:59	0.5	3:57	2.5	6:40	7:38	
2	Mon	11:24	4.9	10:31	5.7	4:35	0.4	4:36	2.3	6:40	7:37	
3	Tue	11:51	5.1	11:13	5.8	5:07	0.4	5:12	2.0	6:41	7:35	
4	Wed			12:18	5.2	5:37	0.4	5:47	1.7	6:42	7:34	
5	Thu			12:45	5.4	6:07	0.5	6:23	1.4	6:43	7:32	
6	Fri	12:36	5.6	1:14	5.6	6:37	0.7	7:00	1.2	6:44	7:31	
7	Sat	1:20	5.4	1:44	5.8	7:09	1.0	7:40	0.9	6:45	7:29	
8	Sun	2:06	5.2	2:17	5.9	7:43	1.4	8:25	0.7	6:46	7:28	
9	Mon	2:59	4.9	2:54	6.0	8:21	1.8	9:16	0.6	6:46	7:26	
10	Tue	4:00	4.6	3:38	6.0	9:05	2.2	10:15	0.5	6:47	7:25	
11	Wed	5:12	4.3	4:31	5.9	10:00	2.6	11:24	0.5	6:48	7:23	
12	Thu	6:36	4.2	5:35	5.9	11:11	2.9			6:49	7:22	
13	Fri	7:55	4.4	6:46	5.9	12:37	0.3	12:35	2.9	6:50	7:20	
14	Sat	8:59	4.7	7:57	6.0	1:47	0.2	1:54	2.7	6:51	7:19	
15	Sun	9:49	5.0	9:04	6.1	2:48	0.0	2:59	2.3	6:51	7:17	
16	Mon	10:32	5.4	10:04	6.1	3:40	-0.1	3:55	1.8	6:52	7:15	
17	Tue	11:11	5.6	11:00	6.1	4:26	-0.1	4:46	1.3	6:53	7:14	
18	Wed	11:48	5.9	11:53	6.0	5:09	0.1	5:34	0.8	6:54	7:12	
19	Thu			12:24	6.0	5:50	0.4	6:20	0.5	6:55	7:11	
20	Fri	12:45	5.8	12:59	6.1	6:30	0.8	7:05	0.4	6:56	7:09	
21	Sat	1:36	5.5	1:34	6.1	7:10	1.3	7:50	0.3	6:57	7:08	
22	Sun	2:28	5.2	2:09	6.0	7:50	1.8	8:35	0.4	6:57	7:06	
23	Mon	3:22	4.8	2:46	5.8	8:33	2.2	9:24	0.5	6:58	7:04	
24	Tue	4:21	4.5	3:27	5.6	9:22	2.6	10:18	0.7	6:59	7:03	
25	Wed	5:29	4.3	4:15	5.3	10:21	3.0	11:19	0.9	7:00	7:01	
26	Thu	6:45	4.3	5:12	5.1	11:36	3.1			7:01	7:00	
27	Fri	7:56	4.4	6:18	5.0	12:27	1.0	12:53	3.1	7:02	6:58	
28	Sat	8:49	4.5	7:25	4.9	1:30	0.9	1:58	2.9	7:03	6:57	
29	Sun	9:29	4.7	8:27	5.0	2:24	0.9	2:51	2.5	7:03	6:55	
30	Mon	10:02	4.9	9:21	5.1	3:09	0.8	3:35	2.1	7:04	6:54	