
































Alcatraz Island, CA - Sep 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu			1:04	5.5	6:18	0.1	6:31	1.6	6:40	7:38	
2	Fri	12:39	5.8	1:35	5.5	6:53	0.4	7:11	1.5	6:41	7:36	
3	Sat	1:21	5.5	2:05	5.5	7:27	0.7	7:51	1.4	6:42	7:35	
4	Sun	2:03	5.2	2:34	5.4	8:00	1.1	8:31	1.4	6:42	7:33	
5	Mon	2:47	4.9	3:05	5.4	8:34	1.6	9:15	1.4	6:43	7:32	
6	Tue	3:36	4.5	3:40	5.3	9:11	2.0	10:05	1.4	6:44	7:30	
7	Wed	4:34	4.2	4:20	5.3	9:54	2.4	11:02	1.4	6:45	7:29	
8	Thu	5:47	4.0	5:09	5.2	10:49	2.8			6:46	7:27	
9	Fri	7:12	4.0	6:06	5.2	12:08	1.3	12:02	3.1	6:47	7:26	
10	Sat	8:29	4.1	7:08	5.3	1:14	1.1	1:18	3.1	6:47	7:24	
11	Sun	9:24	4.4	8:08	5.5	2:13	0.9	2:20	2.9	6:48	7:23	
12	Mon	10:06	4.6	9:03	5.7	3:03	0.5	3:10	2.7	6:49	7:21	
13	Tue	10:42	4.9	9:55	5.9	3:47	0.3	3:54	2.3	6:50	7:20	
14	Wed	11:16	5.2	10:44	6.1	4:27	0.1	4:36	1.9	6:51	7:18	
15	Thu	11:50	5.5	11:34	6.1	5:06	0.0	5:18	1.4	6:52	7:17	
16	Fri			12:24	5.7	5:45	0.0	6:02	1.0	6:53	7:15	
17	Sat	12:24	6.1	1:00	6.0	6:25	0.2	6:48	0.6	6:53	7:13	
18	Sun	1:16	5.9	1:37	6.2	7:06	0.6	7:37	0.3	6:54	7:12	
19	Mon	2:11	5.6	2:18	6.3	7:49	1.0	8:30	0.2	6:55	7:10	
20	Tue	3:11	5.3	3:02	6.3	8:36	1.5	9:28	0.1	6:56	7:09	
21	Wed	4:18	4.9	3:53	6.2	9:29	2.1	10:33	0.2	6:57	7:07	
22	Thu	5:33	4.7	4:51	6.0	10:35	2.5	11:45	0.3	6:58	7:06	
23	Fri	6:55	4.7	5:58	5.8	11:54	2.7			6:58	7:04	
24	Sat	8:10	4.8	7:09	5.7	12:59	0.3	1:16	2.7	6:59	7:02	
25	Sun	9:11	5.1	8:18	5.7	2:07	0.2	2:26	2.4	7:00	7:01	
26	Mon	10:00	5.3	9:20	5.7	3:04	0.2	3:24	2.1	7:01	6:59	
27	Tue	10:42	5.5	10:15	5.7	3:53	0.2	4:14	1.7	7:02	6:58	
28	Wed	11:18	5.6	11:04	5.6	4:35	0.4	4:58	1.4	7:03	6:56	
29	Thu	11:51	5.6	11:49	5.5	5:12	0.6	5:37	1.2	7:04	6:55	
30	Fri			12:20	5.6	5:47	0.8	6:14	1.0	7:05	6:53	