

Alcatraz Island, CA - Apr 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:45	5.5	10:36	4.9	2:58	2.5	3:34	-0.6	6:53	7:32	
2	Thu	9:50	5.6	11:08	5.3	3:52	1.8	4:19	-0.5	6:52	7:33	
3	Fri	10:51	5.6	11:39	5.7	4:42	1.0	5:00	-0.2	6:50	7:34	
4	Sat	11:50	5.5			5:31	0.3	5:40	0.2	6:49	7:35	
5	Sun	12:12	6.0	12:47	5.3	6:19	-0.4	6:20	0.8	6:47	7:36	
6	Mon	12:45	6.3	1:46	5.1	7:07	-0.8	7:00	1.4	6:46	7:37	
7	Tue	1:20	6.4	2:46	4.8	7:56	-1.0	7:42	2.0	6:44	7:38	
8	Wed	1:58	6.3	3:51	4.5	8:46	-0.9	8:29	2.6	6:43	7:39	
9	Thu	2:38	6.0	5:04	4.3	9:40	-0.7	9:25	3.0	6:41	7:40	
10	Fri	3:25	5.7	6:26	4.2	10:41	-0.4	10:41	3.3	6:40	7:41	
11	Sat	4:21	5.2	7:45	4.3	11:49	-0.1			6:38	7:42	
12	Sun	5:29	4.9	8:45	4.4	12:16	3.3	1:00	0.1	6:37	7:43	
13	Mon	6:46	4.6	9:29	4.6	1:38	3.0	2:03	0.2	6:36	7:43	
14	Tue	8:00	4.5	10:03	4.7	2:41	2.6	2:54	0.3	6:34	7:44	
15	Wed	9:03	4.5	10:30	4.8	3:31	2.1	3:35	0.4	6:33	7:45	
16	Thu	9:58	4.5	10:53	5.0	4:13	1.6	4:11	0.6	6:31	7:46	
17	Fri	10:48	4.5	11:14	5.1	4:50	1.2	4:42	0.8	6:30	7:47	
18	Sat	11:34	4.5	11:34	5.3	5:23	0.7	5:10	1.2	6:29	7:48	
19	Sun			12:19	4.4	5:55	0.4	5:39	1.5	6:27	7:49	
20	Mon			1:05	4.4	6:26	0.0	6:07	1.9	6:26	7:50	
21	Tue	12:20	5.6	1:52	4.3	6:58	-0.3	6:38	2.3	6:25	7:51	
22	Wed	12:47	5.7	2:42	4.3	7:33	-0.5	7:10	2.7	6:23	7:52	
23	Thu	1:17	5.8	3:37	4.2	8:13	-0.6	7:47	3.0	6:22	7:53	
24	Fri	1:53	5.7	4:39	4.1	8:58	-0.6	8:31	3.2	6:21	7:54	
25	Sat	2:35	5.6	5:48	4.0	9:51	-0.6	9:31	3.4	6:20	7:55	
26	Sun	3:29	5.4	6:56	4.1	10:53	-0.5	10:56	3.4	6:18	7:55	
27	Mon	4:35	5.2	7:52	4.3			12:00	-0.4	6:17	7:56	
28	Tue	5:54	4.9	8:35	4.6	12:31	3.1	1:04	-0.4	6:16	7:57	
29	Wed	7:17	4.8	9:12	5.0	1:48	2.5	2:02	-0.2	6:15	7:58	
30	Thu	8:36	4.8	9:47	5.4	2:50	1.7	2:52	0.0	6:14	7:59	