

Alcatraz Island, CA - Jun 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon			12:10	4.5	5:11	-1.1	4:36	2.5	5:49	8:26	
2	Tue			1:07	4.6	5:56	-1.4	5:25	2.8	5:48	8:27	
3	Wed			2:01	4.7	6:40	-1.5	6:15	3.1	5:48	8:27	
4	Thu	12:15	6.5	2:52	4.7	7:24	-1.4	7:06	3.2	5:48	8:28	
5	Fri	12:58	6.2	3:41	4.7	8:08	-1.2	7:59	3.3	5:47	8:28	
6	Sat	1:41	5.9	4:28	4.6	8:52	-0.9	8:56	3.3	5:47	8:29	
7	Sun	2:26	5.5	5:14	4.6	9:37	-0.6	10:00	3.2	5:47	8:30	
8	Mon	3:15	5.0	5:57	4.6	10:22	-0.2	11:10	3.0	5:47	8:30	
9	Tue	4:08	4.5	6:37	4.7	11:08	0.2			5:47	8:31	
10	Wed	5:12	4.0	7:12	4.9	12:22	2.7	11:54 AM	0.7	5:47	8:31	
11	Thu	6:30	3.6	7:44	5.1	1:27	2.2	12:40	1.1	5:47	8:32	
12	Fri	7:56	3.5	8:15	5.3	2:23	1.7	1:25	1.6	5:47	8:32	
13	Sat	9:20	3.5	8:45	5.6	3:10	1.1	2:10	2.1	5:47	8:32	
14	Sun	10:32	3.7	9:18	5.9	3:52	0.5	2:54	2.5	5:47	8:33	
15	Mon	11:31	4.0	9:52	6.1	4:30	0.0	3:38	2.9	5:47	8:33	
16	Tue			12:23	4.2	5:06	-0.4	4:22	3.1	5:47	8:34	
17	Wed			1:10	4.4	5:44	-0.8	5:06	3.3	5:47	8:34	
18	Thu			1:54	4.6	6:23	-1.1	5:51	3.3	5:47	8:34	
19	Fri			2:36	4.6	7:05	-1.3	6:38	3.3	5:47	8:34	
20	Sat	12:38	6.5	3:18	4.7	7:48	-1.4	7:29	3.2	5:47	8:35	
21	Sun	1:26	6.4	4:00	4.8	8:33	-1.4	8:27	3.1	5:48	8:35	
22	Mon	2:18	6.0	4:42	5.0	9:18	-1.1	9:33	2.8	5:48	8:35	
23	Tue	3:15	5.5	5:24	5.2	10:05	-0.7	10:47	2.5	5:48	8:35	
24	Wed	4:20	4.9	6:07	5.5	10:53	-0.1			5:49	8:35	
25	Thu	5:38	4.3	6:50	5.8	12:06	1.9	11:43 AM	0.6	5:49	8:35	
26	Fri	7:10	3.9	7:33	6.2	1:19	1.2	12:36	1.3	5:49	8:36	
27	Sat	8:46	3.8	8:17	6.4	2:25	0.5	1:32	2.0	5:50	8:36	
28	Sun	10:11	4.0	9:02	6.6	3:23	-0.1	2:29	2.5	5:50	8:36	
29	Mon	11:21	4.3	9:47	6.7	4:15	-0.6	3:27	2.9	5:50	8:36	
30	Tue			12:18	4.6	5:02	-1.0	4:23	3.2	5:51	8:35	