

Alcatraz Island, CA - Sep 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:57	5.4	1:49	5.2	7:11	0.7	7:31	1.7	6:40	7:38	
2	Wed	1:37	5.1	2:11	5.4	7:37	1.1	8:07	1.5	6:41	7:37	
3	Thu	2:19	4.8	2:34	5.5	8:04	1.6	8:47	1.3	6:42	7:35	
4	Fri	3:07	4.4	3:01	5.5	8:32	2.1	9:31	1.2	6:42	7:34	
5	Sat	4:06	4.1	3:34	5.5	9:02	2.6	10:24	1.1	6:43	7:32	
6	Sun	5:25	3.8	4:15	5.5	9:40	3.1	11:29	1.0	6:44	7:31	
7	Mon	7:14	3.8	5:09	5.5	10:37	3.5			6:45	7:29	
8	Tue	8:53	4.0	6:16	5.6	12:43	0.8	12:11	3.7	6:46	7:28	
9	Wed	9:46	4.3	7:27	5.8	1:54	0.5	1:39	3.6	6:47	7:26	
10	Thu	10:23	4.6	8:33	6.0	2:53	0.0	2:44	3.3	6:47	7:25	
11	Fri	10:56	4.8	9:33	6.3	3:43	-0.3	3:37	2.8	6:48	7:23	
12	Sat	11:27	5.1	10:30	6.4	4:27	-0.5	4:26	2.2	6:49	7:21	
13	Sun	11:57	5.4	11:25	6.4	5:08	-0.6	5:15	1.6	6:50	7:20	
14	Mon			12:29	5.7	5:48	-0.3	6:04	1.0	6:51	7:18	
15	Tue	12:21	6.2	1:02	6.1	6:26	0.1	6:54	0.4	6:52	7:17	
16	Wed	1:17	5.9	1:36	6.3	7:05	0.7	7:46	0.0	6:53	7:15	
17	Thu	2:17	5.5	2:13	6.5	7:46	1.4	8:40	-0.1	6:53	7:14	
18	Fri	3:22	5.0	2:53	6.5	8:29	2.1	9:39	-0.1	6:54	7:12	
19	Sat	4:36	4.6	3:40	6.3	9:19	2.7	10:45	0.0	6:55	7:10	
20	Sun	6:04	4.4	4:35	6.0	10:24	3.3	11:58	0.1	6:56	7:09	
21	Mon	7:36	4.5	5:42	5.7	11:54	3.5			6:57	7:07	
22	Tue	8:50	4.7	6:57	5.5	1:14	0.2	1:24	3.4	6:58	7:06	
23	Wed	9:43	4.9	8:08	5.5	2:21	0.2	2:35	3.1	6:58	7:04	
24	Thu	10:23	5.0	9:09	5.5	3:16	0.2	3:29	2.7	6:59	7:03	
25	Fri	10:57	5.1	10:01	5.5	4:00	0.2	4:14	2.3	7:00	7:01	
26	Sat	11:25	5.2	10:47	5.4	4:37	0.3	4:53	1.9	7:01	7:00	
27	Sun	11:49	5.3	11:30	5.3	5:08	0.5	5:28	1.6	7:02	6:58	
28	Mon			12:10	5.3	5:37	0.8	6:02	1.3	7:03	6:56	
29	Tue	12:12	5.1	12:29	5.4	6:03	1.1	6:33	1.0	7:04	6:55	
30	Wed	12:53	4.9	12:50	5.6	6:29	1.5	7:05	0.8	7:05	6:53	