US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jul 1778

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:44	4.3	6:07	5.5	11:00	0.8			4:57	7:42	
2	Thu	6:08	3.9	6:49	5.7	12:31	1.7	11:53 AM	1.4	4:58	7:42	
3	Fri	7:36	3.8	7:28	5.8	1:32	1.2	12:46	1.9	4:58	7:42	
4	Sat	8:54	3.9	8:04	5.9	2:24	0.8	1:36	2.3	4:59	7:41	
5	Sun	9:58	4.1	8:39	6.0	3:08	0.3	2:24	2.7	4:59	7:41	
6	Mon	10:51	4.3	9:14	6.1	3:47	0.0	3:09	2.9	5:00	7:41	
7	Tue	11:35	4.4	9:50	6.1	4:24	-0.2	3:51	3.1	5:01	7:41	
8	Wed			12:14	4.5	4:58	-0.4	4:30	3.2	5:01	7:41	
9	Thu			12:50	4.6	5:31	-0.5	5:08	3.2	5:02	7:40	
10	Fri			1:24	4.7	6:05	-0.6	5:46	3.2	5:02	7:40	
11	Sat			1:58	4.7	6:38	-0.6	6:26	3.2	5:03	7:39	
12	Sun	12:18	5.9	2:32	4.8	7:13	-0.6	7:10	3.1	5:04	7:39	
13	Mon	12:59	5.7	3:07	4.9	7:50	-0.5	8:00	2.9	5:04	7:39	
14	Tue	1:44	5.3	3:44	5.1	8:29	-0.2	8:59	2.7	5:05	7:38	
15	Wed	2:37	4.9	4:22	5.3	9:11	0.2	10:06	2.3	5:06	7:38	
16	Thu	3:43	4.4	5:03	5.6	9:57	0.8	11:18	1.8	5:07	7:37	
17	Fri	5:07	4.1	5:46	5.9	10:49	1.3			5:07	7:37	
18	Sat	6:43	3.9	6:33	6.2	12:27	1.2	11:47 AM	1.9	5:08	7:36	
19	Sun	8:13	4.0	7:22	6.6	1:30	0.4	12:48	2.4	5:09	7:35	
20	Mon	9:28	4.3	8:12	6.8	2:27	-0.2	1:49	2.7	5:10	7:35	
21	Tue	10:30	4.7	9:04	7.1	3:20	-0.8	2:49	2.8	5:10	7:34	
22	Wed	11:22	4.9	9:56	7.1	4:10	-1.2	3:45	2.9	5:11	7:33	
23	Thu			12:10	5.1	4:59	-1.4	4:41	2.8	5:12	7:33	
24	Fri			12:54	5.3	5:45	-1.4	5:35	2.7	5:13	7:32	
25	Sat			1:37	5.3	6:31	-1.2	6:30	2.5	5:13	7:31	
26	Sun	12:28	6.5	2:19	5.4	7:14	-0.9	7:26	2.4	5:14	7:30	
27	Mon	1:19	6.0	3:00	5.4	7:57	-0.4	8:25	2.3	5:15	7:29	
28	Tue	2:12	5.4	3:41	5.5	8:40	0.2	9:29	2.1	5:16	7:28	
29	Wed	3:10	4.7	4:22	5.5	9:24	0.9	10:37	1.9	5:17	7:28	
30	Thu	4:19	4.2	5:04	5.5	10:11	1.5	11:45	1.6	5:18	7:27	
31	Fri	5:46	3.8	5:48	5.6	11:05	2.1			5:18	7:26	