US HARBORS www.USHarbors.com

Alcatraz Island, CA - Aug 1778

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**7:24**	3.8	**6:32**	5.7	**12:50**	1.3	**12:06**	2.6	5:19	7:25	
2	Sun	**8:47**	4.0	**7:18**	5.8	**1:47**	0.9	**1:07**	3.0	5:20	7:24	
3	Mon	**9:46**	4.3	**8:02**	5.9	**2:36**	0.5	**2:04**	3.1	5:21	7:23	
4	Tue	**10:32**	4.5	**8:45**	6.0	**3:18**	0.2	**2:53**	3.2	5:22	7:22	
5	Wed	**11:09**	4.6	**9:27**	6.1	**3:57**	0.0	**3:35**	3.2	5:23	7:21	
6	Thu	**11:42**	4.7	**10:08**	6.2	**4:33**	-0.2	**4:14**	3.1	5:24	7:20	
7	Fri			**12:13**	4.8	**5:06**	-0.4	**4:51**	2.9	5:25	7:18	
8	Sat			**12:43**	4.9	**5:39**	-0.4	**5:28**	2.8	5:25	7:17	
9	Sun			**1:13**	5.0	**6:12**	-0.4	**6:07**	2.6	5:26	7:16	
10	Mon	**12:08**	6.0	**1:44**	5.2	**6:45**	-0.3	**6:50**	2.4	5:27	7:15	
11	Tue	**12:51**	5.7	**2:16**	5.3	**7:20**	-0.1	**7:38**	2.1	5:28	7:14	
12	Wed	**1:40**	5.4	**2:50**	5.5	**7:57**	0.4	**8:33**	1.8	5:29	7:13	
13	Thu	**2:36**	4.9	**3:28**	5.7	**8:37**	0.9	**9:36**	1.5	5:30	7:11	
14	Fri	**3:47**	4.4	**4:12**	5.9	**9:23**	1.6	**10:46**	1.2	5:31	7:10	
15	Sat	**5:16**	4.1	**5:02**	6.1	**10:19**	2.2			5:31	7:09	
16	Sun	**6:55**	4.1	**5:58**	6.3	**12:00**	0.7	**11:26 AM**	2.7	5:32	7:08	
17	Mon	**8:21**	4.3	**6:58**	6.5	**1:10**	0.2	**12:39**	3.0	5:33	7:06	
18	Tue	**9:26**	4.6	**7:58**	6.7	**2:12**	-0.2	**1:48**	3.0	5:34	7:05	
19	Wed	**10:17**	4.9	**8:56**	6.8	**3:07**	-0.6	**2:49**	2.9	5:35	7:04	
20	Thu	**11:02**	5.2	**9:50**	6.8	**3:57**	-0.8	**3:45**	2.6	5:36	7:02	
21	Fri	**11:42**	5.3	**10:41**	6.7	**4:42**	-0.9	**4:36**	2.3	5:37	7:01	
22	Sat			**12:21**	5.4	**5:25**	-0.8	**5:26**	2.1	5:38	7:00	
23	Sun			**12:57**	5.5	**6:05**	-0.5	**6:14**	1.9	5:38	6:58	
24	Mon	**12:19**	6.1	**1:32**	5.5	**6:43**	-0.1	**7:03**	1.7	5:39	6:57	
25	Tue	**1:07**	5.6	**2:06**	5.5	**7:21**	0.4	**7:52**	1.6	5:40	6:56	
26	Wed	**1:57**	5.1	**2:40**	5.5	**7:59**	1.0	**8:45**	1.5	5:41	6:54	
27	Thu	**2:53**	4.6	**3:15**	5.5	**8:39**	1.7	**9:43**	1.5	5:42	6:53	
28	Fri	**4:01**	4.2	**3:55**	5.4	**9:24**	2.3	**10:47**	1.4	5:43	6:51	
29	Sat	**5:29**	3.9	**4:41**	5.3	**10:22**	2.8	**11:55**	1.2	5:44	6:50	
30	Sun	**7:10**	4.0	**5:34**	5.3	**11:35**	3.2			5:44	6:48	
31	Mon	**8:28**	4.2	**6:32**	5.4	**12:59**	1.0	**12:49**	3.3	5:45	6:47	