US HARBORS www.USHarbors.com

Alcatraz Island, CA - Aug 1779

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:12	5.4	2:50	5.1	7:48	0.2	8:10	2.5	5:19	7:25	
2	Mon	1:56	5.0	3:22	5.2	8:22	0.6	9:04	2.3	5:20	7:24	
3	Tue	2:50	4.5	3:57	5.4	8:59	1.1	10:07	1.9	5:21	7:23	
4	Wed	4:00	4.1	4:36	5.7	9:42	1.7	11:15	1.5	5:22	7:22	
5	Thu	5:33	3.8	5:21	5.9	10:34	2.3			5:23	7:21	
6	Fri	7:16	3.8	6:13	6.2	12:24	0.9	11:37 AM	2.8	5:23	7:20	
7	Sat	8:42	4.1	7:08	6.5	1:27	0.3	12:46	3.1	5:24	7:19	
8	Sun	9:45	4.5	8:05	6.8	2:25	-0.3	1:52	3.2	5:25	7:18	
9	Mon	10:36	4.8	9:02	7.0	3:18	-0.8	2:53	3.0	5:26	7:17	
10	Tue	11:20	5.0	9:57	7.1	4:08	-1.1	3:49	2.8	5:27	7:15	
11	Wed			12:02	5.2	4:56	-1.3	4:43	2.5	5:28	7:14	
12	Thu			12:42	5.4	5:42	-1.2	5:37	2.2	5:29	7:13	
13	Fri			1:21	5.6	6:26	-1.0	6:32	1.9	5:30	7:12	
14	Sat	12:38	6.4	2:00	5.7	7:08	-0.5	7:29	1.7	5:30	7:11	
15	Sun	1:33	5.8	2:39	5.8	7:50	0.1	8:29	1.5	5:31	7:09	
16	Mon	2:32	5.2	3:20	5.8	8:34	0.8	9:33	1.3	5:32	7:08	
17	Tue	3:40	4.6	4:03	5.8	9:20	1.6	10:43	1.2	5:33	7:07	
18	Wed	5:04	4.1	4:50	5.8	10:15	2.3	11:54	1.0	5:34	7:05	
19	Thu	6:43	4.0	5:41	5.7	11:21	2.9			5:35	7:04	
20	Fri	8:14	4.2	6:36	5.7	1:00	0.7	12:35	3.2	5:36	7:03	
21	Sat	9:18	4.5	7:30	5.8	1:59	0.5	1:41	3.3	5:36	7:01	
22	Sun	10:05	4.7	8:20	5.8	2:49	0.3	2:36	3.2	5:37	7:00	
23	Mon	10:43	4.8	9:05	5.9	3:32	0.1	3:21	3.1	5:38	6:59	
24	Tue	11:14	4.9	9:47	6.0	4:09	0.0	4:00	2.9	5:39	6:57	
25	Wed	11:42	4.9	10:27	6.0	4:43	-0.1	4:35	2.7	5:40	6:56	
26	Thu			12:08	4.9	5:13	-0.1	5:09	2.5	5:41	6:54	
27	Fri			12:33	5.0	5:42	0.0	5:43	2.3	5:42	6:53	
28	Sat			12:58	5.2	6:11	0.2	6:18	2.1	5:43	6:52	
29	Sun	12:22	5.5	1:24	5.3	6:40	0.4	6:57	1.8	5:43	6:50	
30	Mon	1:05	5.2	1:52	5.4	7:10	0.8	7:41	1.6	5:44	6:49	
31	Tue	1:53	4.9	2:23	5.6	7:43	1.3	8:30	1.3	5:45	6:47	