US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jul 1787

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			1:22	4.6	6:06	-0.6	5:51	3.0	4:57	7:42	
2	Mon			1:52	4.7	6:37	-0.6	6:31	2.9	4:58	7:42	
3	Tue	12:20	5.7	2:22	4.8	7:09	-0.5	7:14	2.8	4:58	7:42	
4	Wed	1:00	5.4	2:53	5.0	7:42	-0.3	8:03	2.6	4:59	7:42	
5	Thu	1:45	5.0	3:26	5.2	8:17	0.1	9:00	2.4	4:59	7:41	
6	Fri	2:37	4.6	4:01	5.4	8:55	0.6	10:04	2.0	5:00	7:41	
7	Sat	3:44	4.1	4:40	5.7	9:38	1.1	11:13	1.5	5:00	7:41	
8	Sun	5:10	3.7	5:24	6.0	10:28	1.7			5:01	7:41	
9	Mon	6:50	3.7	6:12	6.3	12:21	0.9	11:26 AM	2.3	5:02	7:40	
10	Tue	8:22	3.9	7:05	6.6	1:24	0.2	12:31	2.7	5:02	7:40	
11	Wed	9:33	4.2	8:00	6.8	2:22	-0.4	1:37	2.9	5:03	7:40	
12	Thu	10:30	4.5	8:55	7.1	3:15	-0.9	2:39	2.9	5:04	7:39	
13	Fri	11:18	4.8	9:50	7.1	4:05	-1.3	3:38	2.8	5:04	7:39	
14	Sat			12:03	5.1	4:53	-1.5	4:35	2.6	5:05	7:38	
15	Sun			12:45	5.3	5:39	-1.5	5:31	2.4	5:06	7:38	
16	Mon			1:25	5.4	6:23	-1.2	6:28	2.2	5:06	7:37	
17	Tue	12:28	6.4	2:05	5.6	7:06	-0.8	7:26	2.0	5:07	7:37	
18	Wed	1:21	5.8	2:45	5.7	7:47	-0.3	8:26	1.8	5:08	7:36	
19	Thu	2:17	5.2	3:25	5.8	8:29	0.4	9:31	1.6	5:09	7:35	
20	Fri	3:20	4.5	4:07	5.8	9:12	1.1	10:39	1.4	5:09	7:35	
21	Sat	4:35	4.0	4:50	5.8	10:00	1.8	11:48	1.2	5:10	7:34	
22	Sun	6:08	3.7	5:37	5.8	10:56	2.4			5:11	7:33	
23	Mon	7:47	3.8	6:26	5.8	12:54	0.9	12:02	2.9	5:12	7:33	
24	Tue	9:03	4.0	7:15	5.9	1:52	0.6	1:07	3.1	5:13	7:32	
25	Wed	9:57	4.3	8:03	6.0	2:42	0.3	2:06	3.2	5:13	7:31	
26	Thu	10:39	4.5	8:48	6.1	3:25	0.1	2:55	3.2	5:14	7:30	
27	Fri	11:13	4.6	9:30	6.1	4:03	-0.1	3:38	3.1	5:15	7:30	
28	Sat	11:43	4.7	10:10	6.1	4:37	-0.2	4:17	3.0	5:16	7:29	
29	Sun			12:11	4.8	5:08	-0.3	4:54	2.8	5:17	7:28	
30	Mon			12:38	4.9	5:38	-0.3	5:31	2.6	5:18	7:27	
31	Tue			1:04	5.1	6:07	-0.3	6:10	2.4	5:18	7:26	