US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jul 1789

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:02	3.9	6:47	6.4	12:46	0.7	12:00	1.9	4:58	7:42	
2	Thu	8:27	4.1	7:38	6.5	1:49	0.2	1:03	2.3	4:58	7:42	
3	Fri	9:36	4.3	8:27	6.6	2:44	-0.3	2:04	2.6	4:59	7:42	
4	Sat	10:33	4.6	9:13	6.6	3:33	-0.6	3:00	2.7	4:59	7:41	
5	Sun	11:22	4.8	9:58	6.5	4:17	-0.7	3:52	2.8	5:00	7:41	
6	Mon			12:05	4.9	4:57	-0.8	4:40	2.8	5:00	7:41	
7	Tue			12:43	4.9	5:35	-0.7	5:25	2.8	5:01	7:41	
8	Wed			1:19	5.0	6:10	-0.6	6:08	2.7	5:01	7:40	
9	Thu			1:51	5.0	6:44	-0.4	6:52	2.6	5:02	7:40	
10	Fri	12:38	5.5	2:22	5.0	7:17	-0.1	7:37	2.5	5:03	7:40	
11	Sat	1:18	5.2	2:53	5.1	7:50	0.2	8:25	2.4	5:03	7:39	
12	Sun	2:01	4.7	3:25	5.2	8:24	0.6	9:20	2.3	5:04	7:39	
13	Mon	2:51	4.3	3:59	5.3	9:00	1.1	10:21	2.1	5:05	7:38	
14	Tue	3:53	3.9	4:38	5.4	9:41	1.6	11:26	1.8	5:05	7:38	
15	Wed	5:14	3.6	5:21	5.6	10:28	2.1			5:06	7:37	
16	Thu	6:49	3.5	6:08	5.8	12:29	1.4	11:25 AM	2.5	5:07	7:37	
17	Fri	8:15	3.7	6:57	6.0	1:25	0.9	12:28	2.8	5:08	7:36	
18	Sat	9:19	4.0	7:47	6.2	2:15	0.4	1:28	2.9	5:08	7:36	
19	Sun	10:09	4.3	8:36	6.5	3:00	-0.1	2:24	2.9	5:09	7:35	
20	Mon	10:52	4.6	9:26	6.7	3:43	-0.6	3:15	2.8	5:10	7:34	
21	Tue	11:31	4.9	10:15	6.8	4:25	-0.9	4:06	2.6	5:11	7:34	
22	Wed			12:10	5.1	5:07	-1.1	4:57	2.3	5:11	7:33	
23	Thu			12:48	5.4	5:48	-1.1	5:49	2.1	5:12	7:32	
24	Fri			1:27	5.6	6:30	-0.9	6:44	1.8	5:13	7:32	
25	Sat	12:51	6.2	2:07	5.9	7:13	-0.5	7:42	1.5	5:14	7:31	
26	Sun	1:48	5.7	2:50	6.1	7:56	0.1	8:46	1.3	5:15	7:30	
27	Mon	2:51	5.1	3:35	6.2	8:43	0.7	9:55	1.1	5:15	7:29	
28	Tue	4:04	4.5	4:25	6.3	9:34	1.4	11:10	0.8	5:16	7:28	
29	Wed	5:31	4.1	5:19	6.3	10:34	2.1			5:17	7:27	
30	Thu	7:04	4.1	6:17	6.3	12:23	0.5	11:44 AM	2.5	5:18	7:26	
31	Fri	8:25	4.3	7:15	6.3	1:30	0.2	12:56	2.8	5:19	7:25	