US HARBORS www.USHarbors.com

Alcatraz Island, CA - Aug 1790

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**3:31**	4.1	**4:00**	5.4	**9:14**	1.8	**10:43**	1.8	5:19	7:25	
2	Mon	**4:44**	3.8	**4:44**	5.5	**10:02**	2.2	**11:50**	1.5	5:20	7:24	
3	Tue	**6:15**	3.7	**5:33**	5.5	**11:00**	2.6			5:21	7:23	
4	Wed	**7:44**	3.8	**6:25**	5.7	**12:53**	1.2	**12:07**	2.9	5:22	7:22	
5	Thu	**8:50**	4.0	**7:17**	5.9	**1:47**	0.9	**1:10**	3.0	5:23	7:21	
6	Fri	**9:38**	4.3	**8:07**	6.1	**2:33**	0.5	**2:04**	3.0	5:24	7:20	
7	Sat	**10:17**	4.5	**8:55**	6.3	**3:14**	0.1	**2:52**	2.8	5:25	7:18	
8	Sun	**10:52**	4.8	**9:42**	6.4	**3:52**	-0.2	**3:37**	2.6	5:25	7:17	
9	Mon	**11:26**	5.0	**10:29**	6.5	**4:29**	-0.4	**4:21**	2.3	5:26	7:16	
10	Tue			**12:00**	5.3	**5:06**	-0.5	**5:06**	2.0	5:27	7:15	
11	Wed			**12:35**	5.5	**5:44**	-0.5	**5:53**	1.7	5:28	7:14	
12	Thu	**12:05**	6.2	**1:11**	5.8	**6:22**	-0.2	**6:43**	1.4	5:29	7:13	
13	Fri	**12:57**	5.9	**1:50**	6.0	**7:03**	0.2	**7:38**	1.1	5:30	7:11	
14	Sat	**1:53**	5.4	**2:31**	6.2	**7:45**	0.7	**8:37**	0.9	5:31	7:10	
15	Sun	**2:57**	4.9	**3:17**	6.2	**8:32**	1.3	**9:44**	0.8	5:32	7:09	
16	Mon	**4:12**	4.5	**4:10**	6.3	**9:26**	1.9	**10:58**	0.6	5:32	7:08	
17	Tue	**5:39**	4.3	**5:09**	6.3	**10:32**	2.4			5:33	7:06	
18	Wed	**7:08**	4.3	**6:13**	6.3	**12:13**	0.4	**11:49 AM**	2.7	5:34	7:05	
19	Thu	**8:22**	4.5	**7:16**	6.3	**1:21**	0.2	**1:04**	2.7	5:35	7:04	
20	Fri	**9:19**	4.8	**8:15**	6.3	**2:20**	0.0	**2:09**	2.6	5:36	7:02	
21	Sat	**10:06**	5.1	**9:09**	6.3	**3:10**	-0.2	**3:05**	2.4	5:37	7:01	
22	Sun	**10:46**	5.2	**9:58**	6.2	**3:54**	-0.2	**3:54**	2.2	5:38	7:00	
23	Mon	**11:22**	5.3	**10:43**	6.1	**4:32**	-0.1	**4:38**	2.0	5:39	6:58	
24	Tue	**11:55**	5.4	**11:26**	5.8	**5:08**	0.1	**5:19**	1.8	5:39	6:57	
25	Wed			**12:24**	5.4	**5:42**	0.3	**5:58**	1.7	5:40	6:55	
26	Thu	**12:07**	5.6	**12:53**	5.4	**6:14**	0.6	**6:37**	1.5	5:41	6:54	
27	Fri	**12:48**	5.3	**1:20**	5.5	**6:46**	1.0	**7:16**	1.5	5:42	6:53	
28	Sat	**1:31**	4.9	**1:49**	5.5	**7:18**	1.4	**7:58**	1.4	5:43	6:51	
29	Sun	**2:17**	4.6	**2:21**	5.5	**7:53**	1.9	**8:45**	1.4	5:44	6:50	
30	Mon	**3:11**	4.2	**2:59**	5.4	**8:31**	2.3	**9:39**	1.4	5:45	6:48	
31	Tue	**4:19**	4.0	**3:44**	5.4	**9:18**	2.7	**10:43**	1.3	5:45	6:47	