



Alcatraz Island, CA - Aug 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:15	6.6	2:33	5.9	7:41	-0.8	8:00	1.6	6:13	8:18	☉
2	Fri	2:09	6.2	3:16	6.0	8:26	-0.3	8:59	1.4	6:14	8:17	☾
3	Sat	3:07	5.6	4:00	6.1	9:12	0.3	10:03	1.3	6:15	8:16	☾
4	Sun	4:10	5.0	4:47	6.1	10:01	0.9	11:13	1.2	6:16	8:15	☾
5	Mon	5:23	4.5	5:38	6.0	10:55	1.6			6:16	8:14	☾
6	Tue	6:48	4.2	6:32	6.0	12:26	1.1	11:58 AM	2.1	6:17	8:13	☾
7	Wed	8:16	4.2	7:28	5.9	1:36	0.9	1:06	2.5	6:18	8:11	☾
8	Thu	9:31	4.4	8:22	6.0	2:39	0.6	2:12	2.7	6:19	8:10	☾
9	Fri	10:28	4.6	9:12	6.0	3:32	0.4	3:10	2.8	6:20	8:09	☾
10	Sat	11:14	4.7	9:58	6.0	4:17	0.2	4:00	2.7	6:21	8:08	☾
11	Sun	11:52	4.9	10:39	6.0	4:56	0.1	4:43	2.6	6:22	8:07	☾
12	Mon			12:25	4.9	5:30	0.1	5:23	2.5	6:23	8:06	☾
13	Tue			12:54	5.0	6:02	0.1	5:59	2.4	6:23	8:04	☾
14	Wed			1:22	5.1	6:31	0.2	6:34	2.2	6:24	8:03	☾
15	Thu	12:33	5.8	1:49	5.2	7:00	0.3	7:10	2.1	6:25	8:02	☾
16	Fri	1:11	5.6	2:17	5.3	7:29	0.5	7:46	1.9	6:26	8:01	☾
17	Sat	1:50	5.3	2:46	5.4	7:59	0.7	8:27	1.8	6:27	7:59	☾
18	Sun	2:32	5.0	3:18	5.5	8:31	1.1	9:12	1.6	6:28	7:58	☾
19	Mon	3:21	4.7	3:55	5.6	9:08	1.5	10:05	1.5	6:29	7:57	☾
20	Tue	4:21	4.3	4:37	5.6	9:50	1.9	11:07	1.3	6:29	7:55	☾
21	Wed	5:38	4.0	5:27	5.7	10:42	2.4			6:30	7:54	☾
22	Thu	7:07	4.0	6:25	5.9	12:16	1.0	11:49 AM	2.7	6:31	7:53	☾
23	Fri	8:31	4.2	7:28	6.1	1:26	0.6	1:05	2.8	6:32	7:51	☾
24	Sat	9:35	4.5	8:31	6.3	2:29	0.2	2:15	2.7	6:33	7:50	☾
25	Sun	10:27	4.8	9:30	6.6	3:25	-0.2	3:17	2.4	6:34	7:48	☾
26	Mon	11:11	5.2	10:27	6.7	4:15	-0.5	4:13	2.1	6:35	7:47	☾
27	Tue	11:52	5.5	11:22	6.7	5:02	-0.6	5:06	1.7	6:35	7:46	☾
28	Wed			12:33	5.8	5:46	-0.6	5:58	1.3	6:36	7:44	☾
29	Thu	12:15	6.6	1:12	6.0	6:30	-0.4	6:49	1.0	6:37	7:43	☾
30	Fri	1:09	6.3	1:52	6.1	7:13	0.0	7:41	0.8	6:38	7:41	☾
31	Sat	2:03	5.9	2:32	6.2	7:57	0.5	8:35	0.7	6:39	7:40	☾