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# 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 | |