US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jul 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:57	4.5	10:00	6.6	4:12	-0.3	3:38	2.2	5:51	8:35	
2	Wed	11:53	4.7	10:44	6.5	4:58	-0.5	4:30	2.4	5:51	8:35	
3	Thu			12:42	4.9	5:40	-0.7	5:19	2.6	5:52	8:35	
4	Fri			1:26	4.9	6:20	-0.7	6:06	2.7	5:52	8:35	
5	Sat	12:05	6.3	2:07	5.0	6:57	-0.7	6:51	2.7	5:53	8:35	
6	Sun	12:44	6.0	2:44	5.0	7:33	-0.6	7:36	2.7	5:54	8:34	
7	Mon	1:22	5.8	3:20	5.0	8:09	-0.4	8:21	2.7	5:54	8:34	
8	Tue	2:01	5.4	3:55	5.0	8:44	-0.1	9:09	2.7	5:55	8:34	
9	Wed	2:43	5.1	4:30	5.0	9:20	0.3	10:03	2.6	5:55	8:34	
10	Thu	3:28	4.6	5:07	5.1	9:57	0.7	11:03	2.4	5:56	8:33	
11	Fri	4:22	4.2	5:46	5.2	10:39	1.1			5:57	8:33	
12	Sat	5:30	3.8	6:27	5.4	12:08	2.2	11:25 AM	1.5	5:57	8:32	
13	Sun	6:53	3.6	7:11	5.5	1:12	1.8	12:17	2.0	5:58	8:32	
14	Mon	8:21	3.6	7:56	5.8	2:08	1.3	1:15	2.3	5:59	8:31	
15	Tue	9:36	3.9	8:41	6.0	2:58	0.8	2:11	2.5	5:59	8:31	
16	Wed	10:36	4.1	9:26	6.3	3:43	0.3	3:05	2.7	6:00	8:30	
17	Thu	11:26	4.4	10:12	6.5	4:25	-0.2	3:56	2.7	6:01	8:30	
18	Fri			12:11	4.7	5:07	-0.6	4:45	2.6	6:02	8:29	
19	Sat			12:54	5.0	5:49	-1.0	5:34	2.5	6:02	8:29	
20	Sun			1:35	5.2	6:32	-1.1	6:24	2.4	6:03	8:28	
21	Mon	12:35	6.7	2:16	5.4	7:15	-1.1	7:17	2.2	6:04	8:27	
22	Tue	1:26	6.5	2:58	5.6	7:59	-0.9	8:14	2.0	6:05	8:27	
23	Wed	2:20	6.1	3:42	5.8	8:44	-0.5	9:15	1.8	6:05	8:26	
24	Thu	3:18	5.6	4:28	5.9	9:31	0.0	10:23	1.6	6:06	8:25	
25	Fri	4:24	5.0	5:17	6.1	10:22	0.6	11:37	1.3	6:07	8:24	
26	Sat	5:41	4.5	6:09	6.2	11:18	1.3			6:08	8:23	
27	Sun	7:09	4.2	7:04	6.3	12:53	1.0	12:21	1.8	6:09	8:23	
28	Mon	8:36	4.2	7:59	6.3	2:03	0.6	1:28	2.2	6:10	8:22	
29	Tue	9:50	4.4	8:52	6.4	3:04	0.3	2:33	2.5	6:10	8:21	
30	Wed	10:50	4.7	9:42	6.4	3:57	0.0	3:31	2.6	6:11	8:20	
31	Thu	11:39	4.9	10:28	6.4	4:43	-0.2	4:23	2.6	6:12	8:19	