US HARBORS www.USHarbors.com

Alcatraz Island, CA - Aug 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			12:22	5.0	5:24	-0.3	5:10	2.6	6:13	8:18	
2	Sat			1:00	5.1	6:01	-0.3	5:52	2.5	6:14	8:17	
3	Sun			1:33	5.1	6:35	-0.2	6:33	2.5	6:15	8:16	
4	Mon	12:28	6.0	2:04	5.1	7:07	-0.1	7:11	2.4	6:15	8:15	
5	Tue	1:06	5.7	2:34	5.1	7:38	0.1	7:50	2.3	6:16	8:14	
6	Wed	1:43	5.4	3:03	5.2	8:09	0.4	8:31	2.2	6:17	8:13	
7	Thu	2:23	5.1	3:33	5.2	8:41	0.7	9:15	2.1	6:18	8:12	
8	Fri	3:06	4.7	4:06	5.3	9:14	1.1	10:06	2.0	6:19	8:11	
9	Sat	3:57	4.4	4:44	5.4	9:52	1.6	11:04	1.9	6:20	8:09	
10	Sun	5:02	4.0	5:27	5.4	10:36	2.0			6:21	8:08	
11	Mon	6:25	3.8	6:16	5.6	12:09	1.6	11:30 AM	2.4	6:21	8:07	
12	Tue	7:56	3.8	7:10	5.7	1:15	1.3	12:36	2.7	6:22	8:06	
13	Wed	9:13	4.1	8:05	6.0	2:14	0.8	1:44	2.9	6:23	8:05	
14	Thu	10:10	4.4	8:59	6.3	3:07	0.3	2:45	2.8	6:24	8:03	
15	Fri	10:57	4.7	9:52	6.5	3:55	-0.1	3:39	2.6	6:25	8:02	
16	Sat	11:39	5.0	10:43	6.7	4:40	-0.5	4:30	2.3	6:26	8:01	
17	Sun			12:19	5.3	5:24	-0.7	5:20	2.0	6:27	8:00	
18	Mon			12:58	5.6	6:07	-0.8	6:11	1.7	6:28	7:58	
19	Tue	12:27	6.7	1:38	5.8	6:50	-0.6	7:03	1.4	6:28	7:57	
20	Wed	1:20	6.4	2:18	6.0	7:34	-0.3	7:57	1.1	6:29	7:56	
21	Thu	2:16	6.0	3:01	6.1	8:19	0.2	8:55	1.0	6:30	7:54	
22	Fri	3:15	5.5	3:46	6.2	9:06	0.8	9:58	0.9	6:31	7:53	
23	Sat	4:22	5.0	4:35	6.2	9:57	1.4	11:08	0.8	6:32	7:52	
24	Sun	5:39	4.6	5:30	6.1	10:57	2.0			6:33	7:50	
25	Mon	7:05	4.4	6:29	6.0	12:23	0.7	12:08	2.4	6:34	7:49	
26	Tue	8:29	4.5	7:32	6.0	1:35	0.6	1:22	2.6	6:34	7:47	
27	Wed	9:36	4.7	8:32	6.0	2:39	0.4	2:30	2.7	6:35	7:46	
28	Thu	10:29	4.9	9:26	6.0	3:34	0.3	3:27	2.6	6:36	7:44	
29	Fri	11:12	5.1	10:14	6.0	4:19	0.2	4:16	2.4	6:37	7:43	
30	Sat	11:49	5.2	10:57	5.9	4:58	0.2	4:59	2.2	6:38	7:42	
31	Sun			12:21	5.2	5:33	0.2	5:37	2.1	6:39	7:40	