US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jul 1999

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:15	5.8	3:25	4.8	8:06	-0.6	8:04	3.0	5:51	8:35	
2	Fri	1:55	5.6	4:03	4.9	8:44	-0.5	8:53	2.9	5:51	8:35	
3	Sat	2:38	5.4	4:42	5.0	9:24	-0.3	9:50	2.8	5:52	8:35	
4	Sun	3:29	5.0	5:24	5.2	10:08	0.0	10:57	2.5	5:52	8:35	
5	Mon	4:31	4.6	6:07	5.4	10:56	0.4			5:53	8:35	
6	Tue	5:49	4.2	6:52	5.7	12:09	2.1	11:49 AM	0.9	5:53	8:35	
7	Wed	7:18	4.0	7:38	6.1	1:19	1.5	12:46	1.4	5:54	8:34	
8	Thu	8:46	4.1	8:26	6.4	2:22	0.8	1:45	1.8	5:54	8:34	
9	Fri	10:03	4.3	9:14	6.7	3:18	0.0	2:44	2.1	5:55	8:34	
10	Sat	11:08	4.6	10:03	7.0	4:11	-0.6	3:42	2.4	5:56	8:33	
11	Sun			12:04	4.9	5:01	-1.0	4:38	2.5	5:56	8:33	
12	Mon			12:56	5.1	5:49	-1.3	5:32	2.5	5:57	8:33	
13	Tue			1:44	5.3	6:36	-1.4	6:27	2.5	5:58	8:32	
14	Wed	12:32	6.9	2:30	5.4	7:22	-1.3	7:22	2.5	5:58	8:32	
15	Thu	1:22	6.5	3:15	5.4	8:08	-1.0	8:19	2.4	5:59	8:31	
16	Fri	2:12	6.1	3:59	5.5	8:52	-0.6	9:18	2.4	6:00	8:31	
17	Sat	3:04	5.5	4:43	5.5	9:37	-0.1	10:22	2.3	6:00	8:30	
18	Sun	4:00	4.9	5:27	5.5	10:23	0.5	11:31	2.1	6:01	8:30	
19	Mon	5:04	4.3	6:12	5.5	11:12	1.1			6:02	8:29	
20	Tue	6:22	3.9	6:57	5.6	12:40	1.8	12:05	1.7	6:03	8:28	
21	Wed	7:52	3.8	7:41	5.7	1:45	1.5	1:02	2.1	6:04	8:28	
22	Thu	9:16	3.9	8:24	5.8	2:42	1.1	2:00	2.5	6:04	8:27	
23	Fri	10:22	4.1	9:05	5.9	3:31	0.7	2:54	2.8	6:05	8:26	
24	Sat	11:13	4.3	9:46	6.0	4:13	0.4	3:42	2.9	6:06	8:25	
25	Sun	11:56	4.5	10:25	6.1	4:52	0.1	4:26	2.9	6:07	8:25	
26	Mon			12:32	4.6	5:27	-0.1	5:06	2.9	6:07	8:24	
27	Tue			1:06	4.8	6:01	-0.3	5:44	2.9	6:08	8:23	
28	Wed			1:39	4.9	6:34	-0.4	6:21	2.8	6:09	8:22	
29	Thu	12:22	6.2	2:11	5.0	7:07	-0.5	7:01	2.7	6:10	8:21	
30	Fri	1:02	6.0	2:44	5.1	7:41	-0.4	7:43	2.5	6:11	8:20	
31	Sat	1:44	5.8	3:19	5.3	8:17	-0.3	8:31	2.3	6:12	8:19	