US HARBORS www.USHarbors.com

Alcatraz Island, CA - Aug 1999

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:30	5.5	3:56	5.4	8:56	0.1	9:25	2.1	6:12	8:18	
2	Mon	3:23	5.1	4:36	5.6	9:37	0.5	10:28	1.9	6:13	8:18	
3	Tue	4:28	4.6	5:20	5.8	10:24	1.0	11:38	1.5	6:14	8:17	
4	Wed	5:48	4.2	6:09	6.0	11:18	1.6			6:15	8:15	
5	Thu	7:21	4.1	7:02	6.2	12:51	1.1	12:21	2.1	6:16	8:14	
6	Fri	8:50	4.2	7:59	6.5	2:00	0.5	1:29	2.5	6:17	8:13	
7	Sat	10:02	4.5	8:55	6.7	3:02	0.0	2:35	2.6	6:18	8:12	
8	Sun	11:00	4.8	9:50	6.8	3:57	-0.5	3:37	2.6	6:18	8:11	
9	Mon	11:50	5.1	10:43	6.9	4:47	-0.8	4:33	2.5	6:19	8:10	
10	Tue			12:35	5.3	5:34	-0.9	5:26	2.3	6:20	8:09	
11	Wed			1:17	5.4	6:18	-0.9	6:17	2.2	6:21	8:08	
12	Thu	12:23	6.6	1:56	5.5	7:00	-0.7	7:06	2.0	6:22	8:06	
13	Fri	1:10	6.3	2:35	5.5	7:41	-0.4	7:56	1.9	6:23	8:05	
14	Sat	1:58	5.9	3:12	5.5	8:20	0.1	8:47	1.8	6:24	8:04	
15	Sun	2:47	5.4	3:49	5.5	9:00	0.6	9:41	1.8	6:25	8:03	
16	Mon	3:39	4.8	4:27	5.5	9:41	1.2	10:39	1.7	6:25	8:02	
17	Tue	4:40	4.4	5:08	5.4	10:26	1.8	11:44	1.6	6:26	8:00	
18	Wed	5:56	4.0	5:53	5.4	11:20	2.3			6:27	7:59	
19	Thu	7:28	3.9	6:43	5.4	12:51	1.4	12:24	2.7	6:28	7:58	
20	Fri	8:55	4.0	7:35	5.5	1:54	1.2	1:32	3.0	6:29	7:56	
21	Sat	9:58	4.2	8:27	5.6	2:49	0.9	2:33	3.0	6:30	7:55	
22	Sun	10:43	4.5	9:15	5.8	3:36	0.6	3:24	3.0	6:31	7:54	
23	Mon	11:20	4.7	10:01	6.0	4:17	0.3	4:08	2.8	6:31	7:52	
24	Tue	11:53	4.8	10:44	6.1	4:54	0.1	4:47	2.7	6:32	7:51	
25	Wed			12:24	5.0	5:29	-0.1	5:24	2.4	6:33	7:49	
26	Thu			12:54	5.1	6:03	-0.2	6:01	2.2	6:34	7:48	
27	Fri	12:08	6.2	1:25	5.3	6:36	-0.2	6:41	1.9	6:35	7:47	
28	Sat	12:52	6.0	1:58	5.5	7:11	0.0	7:24	1.6	6:36	7:45	
29	Sun	1:38	5.8	2:32	5.6	7:48	0.3	8:11	1.4	6:37	7:44	
30	Mon	2:29	5.5	3:09	5.8	8:27	0.7	9:03	1.2	6:37	7:42	
31	Tue	3:27	5.1	3:50	5.9	9:10	1.2	10:03	1.0	6:38	7:41	