US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jul 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat			1:14	5.0	6:03	-1.5	5:44	2.7	5:51	8:35	
2	Sun			2:04	5.2	6:51	-1.7	6:39	2.7	5:52	8:35	
3	Mon	12:45	7.0	2:53	5.3	7:40	-1.6	7:36	2.6	5:52	8:35	
4	Tue	1:38	6.7	3:41	5.4	8:29	-1.4	8:38	2.5	5:53	8:35	
5	Wed	2:33	6.2	4:30	5.5	9:18	-1.0	9:46	2.4	5:53	8:35	
6	Thu	3:31	5.6	5:19	5.6	10:09	-0.4	11:00	2.2	5:54	8:34	
7	Fri	4:36	5.0	6:08	5.7	11:01	0.2			5:54	8:34	
8	Sat	5:52	4.4	6:57	5.8	12:16	1.9	11:56 AM	0.8	5:55	8:34	
9	Sun	7:18	4.0	7:44	5.9	1:27	1.4	12:52	1.4	5:56	8:33	
10	Mon	8:46	3.9	8:28	6.0	2:31	1.0	1:49	2.0	5:56	8:33	
11	Tue	10:02	4.1	9:10	6.1	3:25	0.5	2:44	2.4	5:57	8:33	
12	Wed	11:04	4.3	9:49	6.1	4:12	0.2	3:35	2.7	5:57	8:32	
13	Thu	11:55	4.5	10:26	6.2	4:53	-0.1	4:22	2.9	5:58	8:32	
14	Fri			12:38	4.6	5:30	-0.3	5:05	3.0	5:59	8:31	
15	Sat			1:16	4.7	6:05	-0.4	5:45	3.1	6:00	8:31	
16	Sun			1:51	4.7	6:38	-0.4	6:22	3.1	6:00	8:30	
17	Mon	12:14	6.0	2:23	4.8	7:10	-0.4	6:59	3.0	6:01	8:30	
18	Tue	12:50	5.9	2:54	4.8	7:42	-0.4	7:38	3.0	6:02	8:29	
19	Wed	1:27	5.7	3:25	4.9	8:14	-0.3	8:19	2.9	6:03	8:28	
20	Thu	2:06	5.5	3:58	5.0	8:48	-0.1	9:05	2.8	6:03	8:28	
21	Fri	2:49	5.1	4:33	5.1	9:24	0.2	10:00	2.6	6:04	8:27	
22	Sat	3:39	4.7	5:10	5.3	10:04	0.6	11:02	2.3	6:05	8:26	
23	Sun	4:42	4.3	5:51	5.5	10:49	1.1			6:06	8:26	
24	Mon	6:03	4.0	6:35	5.8	12:11	1.9	11:40 AM	1.6	6:06	8:25	
25	Tue	7:38	3.9	7:23	6.1	1:18	1.3	12:39	2.1	6:07	8:24	
26	Wed	9:07	4.0	8:13	6.4	2:20	0.6	1:42	2.5	6:08	8:23	
27	Thu	10:19	4.3	9:05	6.7	3:16	0.0	2:44	2.7	6:09	8:22	
28	Fri	11:17	4.7	9:58	7.0	4:09	-0.6	3:43	2.7	6:10	8:22	
29	Sat			12:08	5.0	4:59	-1.0	4:39	2.7	6:11	8:21	
30	Sun			12:54	5.2	5:47	-1.3	5:34	2.5	6:11	8:20	
31	Mon			1:38	5.4	6:35	-1.3	6:28	2.3	6:12	8:19	