US HARBORS www.USHarbors.com

Alcatraz Island, CA - Aug 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:36	7.0	2:21	5.5	7:21	-1.2	7:24	2.1	6:13	8:18	
2	Wed	1:29	6.6	3:04	5.6	8:06	-0.9	8:21	2.0	6:14	8:17	
3	Thu	2:22	6.1	3:47	5.7	8:51	-0.4	9:22	1.8	6:15	8:16	
4	Fri	3:19	5.5	4:30	5.8	9:36	0.3	10:27	1.7	6:16	8:15	
5	Sat	4:22	4.9	5:16	5.8	10:24	1.0	11:37	1.5	6:17	8:14	
6	Sun	5:37	4.3	6:03	5.8	11:17	1.6			6:17	8:13	
7	Mon	7:06	4.0	6:53	5.8	12:48	1.3	12:18	2.2	6:18	8:11	
8	Tue	8:38	4.1	7:43	5.8	1:55	1.0	1:23	2.7	6:19	8:10	
9	Wed	9:53	4.3	8:32	5.9	2:54	0.7	2:26	2.9	6:20	8:09	
10	Thu	10:49	4.5	9:19	5.9	3:43	0.4	3:21	3.0	6:21	8:08	
11	Fri	11:33	4.7	10:02	6.0	4:26	0.2	4:09	3.0	6:22	8:07	
12	Sat			12:09	4.8	5:04	0.0	4:51	2.9	6:23	8:06	
13	Sun			12:41	4.8	5:39	-0.1	5:28	2.8	6:23	8:04	
14	Mon			1:10	4.9	6:11	-0.1	6:04	2.7	6:24	8:03	
15	Tue			1:38	5.0	6:42	-0.1	6:38	2.5	6:25	8:02	
16	Wed	12:37	5.9	2:06	5.1	7:12	0.0	7:14	2.4	6:26	8:01	
17	Thu	1:15	5.7	2:35	5.2	7:43	0.1	7:53	2.2	6:27	7:59	
18	Fri	1:56	5.5	3:05	5.3	8:15	0.4	8:36	2.0	6:28	7:58	
19	Sat	2:40	5.1	3:38	5.4	8:49	0.8	9:26	1.8	6:29	7:57	
20	Sun	3:33	4.7	4:15	5.6	9:28	1.3	10:24	1.6	6:29	7:55	
21	Mon	4:40	4.3	4:58	5.7	10:13	1.8	11:30	1.3	6:30	7:54	
22	Tue	6:06	4.1	5:48	5.9	11:09	2.3			6:31	7:53	
23	Wed	7:41	4.1	6:46	6.1	12:43	0.9	12:17	2.7	6:32	7:51	
24	Thu	9:05	4.3	7:48	6.3	1:53	0.4	1:31	2.9	6:33	7:50	
25	Fri	10:08	4.6	8:49	6.5	2:55	-0.1	2:39	2.9	6:34	7:48	
26	Sat	10:59	5.0	9:48	6.7	3:51	-0.5	3:40	2.6	6:35	7:47	
27	Sun	11:43	5.2	10:44	6.8	4:41	-0.8	4:35	2.3	6:35	7:45	
28	Mon			12:24	5.4	5:28	-0.8	5:27	2.0	6:36	7:44	
29	Tue			1:03	5.6	6:12	-0.8	6:18	1.6	6:37	7:43	
30	Wed	12:30	6.6	1:42	5.8	6:55	-0.5	7:09	1.4	6:38	7:41	
31	Thu	1:22	6.2	2:20	5.8	7:36	0.0	8:01	1.2	6:39	7:40	