





























Alcatraz Island, CA - Jul 2001

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:22	4.2	9:34	6.4	3:46	0.1	3:04	2.2	5:51	8:35	
2	Mon	11:25	4.4	10:14	6.5	4:33	-0.3	3:56	2.6	5:51	8:35	
3	Tue			12:20	4.6	5:16	-0.6	4:44	2.8	5:52	8:35	
4	Wed			1:07	4.7	5:56	-0.7	5:31	3.0	5:52	8:35	
5	Thu			1:50	4.8	6:33	-0.7	6:15	3.1	5:53	8:35	
6	Fri	12:08	6.2	2:29	4.8	7:09	-0.7	6:57	3.2	5:54	8:34	
7	Sat	12:44	6.0	3:06	4.8	7:44	-0.6	7:39	3.1	5:54	8:34	
8	Sun	1:22	5.8	3:40	4.8	8:19	-0.4	8:23	3.1	5:55	8:34	
9	Mon	2:00	5.5	4:13	4.8	8:55	-0.2	9:10	3.0	5:55	8:34	
10	Tue	2:41	5.1	4:47	4.8	9:31	0.1	10:05	2.9	5:56	8:33	
11	Wed	3:27	4.7	5:22	5.0	10:09	0.5	11:08	2.7	5:57	8:33	
12	Thu	4:21	4.3	5:59	5.1	10:50	0.9			5:57	8:32	
13	Fri	5:31	3.9	6:38	5.3	12:14	2.4	11:35 AM	1.4	5:58	8:32	
14	Sat	6:59	3.7	7:18	5.6	1:18	1.9	12:25	1.8	5:59	8:31	
15	Sun	8:31	3.7	8:00	5.9	2:14	1.3	1:20	2.3	5:59	8:31	
16	Mon	9:51	3.9	8:43	6.2	3:03	0.7	2:16	2.6	6:00	8:30	
17	Tue	10:54	4.2	9:29	6.5	3:50	0.0	3:11	2.8	6:01	8:30	
18	Wed	11:48	4.5	10:16	6.8	4:35	-0.5	4:04	2.9	6:02	8:29	
19	Thu			12:36	4.8	5:21	-1.0	4:55	2.9	6:02	8:29	
20	Fri			1:21	5.0	6:07	-1.3	5:47	2.8	6:03	8:28	
21	Sat			2:04	5.2	6:53	-1.5	6:41	2.7	6:04	8:27	
22	Sun	12:47	7.0	2:47	5.3	7:39	-1.4	7:37	2.5	6:05	8:27	
23	Mon	1:40	6.7	3:30	5.5	8:25	-1.1	8:37	2.3	6:05	8:26	
24	Tue	2:36	6.2	4:14	5.7	9:11	-0.6	9:43	2.0	6:06	8:25	
25	Wed	3:37	5.5	4:59	5.8	9:59	0.0	10:55	1.7	6:07	8:24	
26	Thu	4:46	4.8	5:47	6.0	10:50	0.7			6:08	8:23	
27	Fri	6:08	4.3	6:36	6.1	12:11	1.4	11:45 AM	1.4	6:09	8:23	
28	Sat	7:42	4.1	7:27	6.2	1:24	1.0	12:46	2.1	6:10	8:22	
29	Sun	9:11	4.2	8:17	6.3	2:30	0.5	1:51	2.5	6:10	8:21	
30	Mon	10:24	4.4	9:06	6.3	3:27	0.2	2:52	2.8	6:11	8:20	
31	Tue	11:20	4.7	9:52	6.3	4:16	-0.1	3:48	3.0	6:12	8:19	