






























## Alcatraz Island, CA - Aug 2001

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed			12:07	4.8	4:59	-0.3	4:38	3.0	6:13	8:18	
2	Thu			12:47	4.9	5:38	-0.4	5:21	3.0	6:14	8:17	
3	Fri			1:22	4.9	6:13	-0.4	6:01	2.9	6:15	8:16	
4	Sat			1:53	4.9	6:47	-0.3	6:39	2.9	6:15	8:15	
5	Sun	12:30	6.0	2:22	4.9	7:18	-0.2	7:15	2.7	6:16	8:14	
6	Mon	1:07	5.8	2:49	4.9	7:49	0.0	7:53	2.6	6:17	8:13	
7	Tue	1:44	5.5	3:17	5.0	8:19	0.2	8:34	2.5	6:18	8:12	
8	Wed	2:23	5.2	3:46	5.1	8:51	0.5	9:19	2.4	6:19	8:11	
9	Thu	3:07	4.8	4:18	5.2	9:24	1.0	10:11	2.2	6:20	8:09	
10	Fri	4:01	4.4	4:53	5.4	10:01	1.5	11:12	1.9	6:21	8:08	
11	Sat	5:11	4.0	5:34	5.5	10:44	2.0			6:22	8:07	
12	Sun	6:43	3.8	6:21	5.7	12:18	1.6	11:39 AM	2.5	6:22	8:06	
13	Mon	8:22	3.9	7:14	5.9	1:25	1.1	12:44	2.9	6:23	8:05	
14	Tue	9:41	4.2	8:09	6.2	2:26	0.5	1:53	3.1	6:24	8:03	
15	Wed	10:38	4.5	9:05	6.5	3:21	0.0	2:56	3.1	6:25	8:02	
16	Thu	11:25	4.8	10:00	6.8	4:12	-0.5	3:52	2.9	6:26	8:01	
17	Fri			12:08	5.0	5:00	-0.9	4:45	2.6	6:27	8:00	
18	Sat			12:48	5.3	5:46	-1.1	5:38	2.3	6:28	7:58	
19	Sun			1:27	5.5	6:31	-1.1	6:30	1.9	6:28	7:57	
20	Mon	12:41	6.8	2:06	5.7	7:14	-0.9	7:24	1.6	6:29	7:56	
21	Tue	1:35	6.5	2:46	5.9	7:58	-0.4	8:20	1.3	6:30	7:54	
22	Wed	2:32	5.9	3:27	6.0	8:42	0.2	9:21	1.2	6:31	7:53	
23	Thu	3:33	5.3	4:10	6.0	9:27	0.9	10:26	1.0	6:32	7:51	
24	Fri	4:44	4.7	4:57	6.0	10:18	1.6	11:37	0.9	6:33	7:50	
25	Sat	6:08	4.3	5:49	6.0	11:18	2.3			6:34	7:49	
26	Sun	7:43	4.3	6:46	5.9	12:50	0.7	12:29	2.8	6:34	7:47	
27	Mon	9:08	4.4	7:45	5.9	1:59	0.5	1:44	3.0	6:35	7:46	
28	Tue	10:10	4.7	8:42	5.9	3:00	0.3	2:50	3.1	6:36	7:44	
29	Wed	10:58	4.9	9:33	5.9	3:51	0.2	3:44	3.0	6:37	7:43	
30	Thu	11:37	5.0	10:19	5.9	4:34	0.1	4:30	2.8	6:38	7:41	
31	Fri			12:11	5.0	5:12	0.0	5:09	2.6	6:39	7:40	