













Alcatraz Island, CA - Jul 2002

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:28	4.3	6:24	5.0	11:08	0.6			5:51	8:35	
2	Tue	5:36	3.9	7:01	5.2	12:34	2.5	11:54 AM	1.1	5:51	8:35	
3	Wed	6:59	3.6	7:36	5.4	1:37	2.0	12:42	1.6	5:52	8:35	
4	Thu	8:29	3.5	8:12	5.6	2:31	1.5	1:32	2.1	5:52	8:35	
5	Fri	9:49	3.7	8:48	5.8	3:18	0.9	2:21	2.5	5:53	8:35	
6	Sat	10:53	4.0	9:26	6.1	3:59	0.4	3:09	2.8	5:53	8:34	
7	Sun	11:46	4.2	10:05	6.3	4:38	0.0	3:55	3.0	5:54	8:34	
8	Mon			12:32	4.5	5:16	-0.5	4:40	3.1	5:55	8:34	
9	Tue			1:15	4.6	5:54	-0.8	5:25	3.2	5:55	8:34	
10	Wed			1:55	4.8	6:34	-1.1	6:10	3.2	5:56	8:33	
11	Thu	12:13	6.6	2:35	4.9	7:15	-1.2	6:59	3.1	5:57	8:33	
12	Fri	12:59	6.5	3:16	5.0	7:57	-1.2	7:51	2.9	5:57	8:32	
13	Sat	1:48	6.3	3:56	5.2	8:41	-1.0	8:50	2.7	5:58	8:32	
14	Sun	2:42	5.9	4:38	5.4	9:25	-0.7	9:56	2.4	5:59	8:32	
15	Mon	3:42	5.3	5:21	5.6	10:12	-0.1	11:09	2.0	5:59	8:31	
16	Tue	4:52	4.7	6:06	5.9	11:02	0.5			6:00	8:31	
17	Wed	6:17	4.2	6:53	6.1	12:25	1.5	11:55 AM	1.3	6:01	8:30	
18	Thu	7:52	4.0	7:41	6.4	1:37	0.9	12:54	1.9	6:01	8:29	
19	Fri	9:23	4.1	8:31	6.6	2:42	0.3	1:56	2.4	6:02	8:29	
20	Sat	10:37	4.4	9:19	6.7	3:39	-0.2	2:58	2.8	6:03	8:28	
21	Sun	11:36	4.7	10:07	6.7	4:29	-0.6	3:56	3.0	6:04	8:27	
22	Mon			12:27	4.9	5:16	-0.8	4:49	3.1	6:05	8:27	
23	Tue			1:11	5.0	5:58	-0.9	5:39	3.1	6:05	8:26	
24	Wed			1:51	5.0	6:39	-0.8	6:26	3.0	6:06	8:25	
25	Thu	12:20	6.3	2:28	5.0	7:16	-0.7	7:11	2.9	6:07	8:24	
26	Fri	1:01	6.1	3:03	5.0	7:53	-0.5	7:55	2.8	6:08	8:24	
27	Sat	1:41	5.7	3:35	5.0	8:28	-0.2	8:41	2.7	6:09	8:23	
28	Sun	2:22	5.3	4:05	5.0	9:02	0.2	9:30	2.6	6:09	8:22	
29	Mon	3:06	4.9	4:37	5.1	9:37	0.7	10:26	2.4	6:10	8:21	
30	Tue	3:57	4.4	5:10	5.2	10:13	1.2	11:28	2.2	6:11	8:20	
31	Wed	5:01	3.9	5:46	5.3	10:54	1.8			6:12	8:19	