



Alcatraz Island, CA - Jun 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:17	5.9	2:52	4.4	7:22	-0.7	6:59	3.2	5:49	8:25	☀
2	Mon	12:51	5.8	3:37	4.4	7:59	-0.8	7:39	3.4	5:48	8:26	☀
3	Tue	1:29	5.7	4:22	4.4	8:38	-0.8	8:26	3.4	5:48	8:27	☀
4	Wed	2:11	5.5	5:09	4.4	9:22	-0.7	9:23	3.4	5:48	8:27	☀
5	Thu	2:58	5.3	5:55	4.5	10:09	-0.6	10:34	3.3	5:47	8:28	☀
6	Fri	3:55	4.9	6:39	4.7	11:00	-0.4	11:52	2.9	5:47	8:28	☀
7	Sat	5:04	4.6	7:20	5.0	11:54	0.0			5:47	8:29	☀
8	Sun	6:25	4.3	7:58	5.4	1:05	2.3	12:47	0.4	5:47	8:30	☀
9	Mon	7:52	4.1	8:35	5.8	2:08	1.5	1:40	0.8	5:47	8:30	☀
10	Tue	9:16	4.1	9:13	6.2	3:04	0.7	2:31	1.3	5:47	8:31	☀
11	Wed	10:31	4.3	9:53	6.6	3:55	-0.2	3:22	1.8	5:46	8:31	☀
12	Thu	11:39	4.5	10:35	6.9	4:44	-0.9	4:12	2.3	5:46	8:32	☀
13	Fri			12:40	4.7	5:33	-1.4	5:04	2.6	5:46	8:32	☀
14	Sat			1:37	4.9	6:21	-1.7	5:57	2.9	5:46	8:32	☀
15	Sun	12:05	7.0	2:31	4.9	7:10	-1.8	6:52	3.0	5:46	8:33	☀
16	Mon	12:54	6.8	3:23	5.0	7:59	-1.7	7:50	3.1	5:47	8:33	☀
17	Tue	1:44	6.4	4:14	5.0	8:49	-1.4	8:53	3.1	5:47	8:33	☀
18	Wed	2:35	5.9	5:04	5.0	9:38	-1.0	10:03	3.0	5:47	8:34	☀
19	Thu	3:30	5.3	5:53	5.1	10:28	-0.5	11:18	2.8	5:47	8:34	☀
20	Fri	4:31	4.7	6:39	5.1	11:18	0.1			5:47	8:34	☀
21	Sat	5:42	4.2	7:21	5.3	12:33	2.4	12:08	0.6	5:47	8:35	☀
22	Sun	7:03	3.8	7:58	5.4	1:40	1.9	12:58	1.2	5:47	8:35	☀
23	Mon	8:30	3.6	8:32	5.6	2:38	1.4	1:47	1.7	5:48	8:35	☀
24	Tue	9:49	3.7	9:04	5.7	3:27	0.9	2:34	2.2	5:48	8:35	☀
25	Wed	10:54	3.9	9:36	5.9	4:09	0.4	3:19	2.6	5:48	8:35	☀
26	Thu	11:49	4.1	10:08	6.0	4:47	0.0	4:02	2.9	5:49	8:35	☀
27	Fri			12:36	4.3	5:23	-0.3	4:43	3.1	5:49	8:35	☀
28	Sat			1:18	4.5	5:57	-0.5	5:23	3.3	5:49	8:35	☀
29	Sun			1:57	4.5	6:31	-0.7	6:02	3.3	5:50	8:35	☀
30	Mon			2:34	4.6	7:06	-0.8	6:42	3.3	5:50	8:35	☀