








Alcatraz Island, CA - Jul 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:35	6.1	3:11	4.7	7:42	-0.9	7:25	3.3	5:51	8:35	
2	Wed	1:16	6.0	3:48	4.7	8:20	-0.9	8:12	3.2	5:51	8:35	
3	Thu	2:00	5.8	4:26	4.9	8:59	-0.8	9:08	3.1	5:52	8:35	
4	Fri	2:48	5.5	5:04	5.0	9:41	-0.5	10:12	2.8	5:52	8:35	
5	Sat	3:44	5.0	5:44	5.3	10:25	-0.1	11:24	2.4	5:53	8:35	
6	Sun	4:53	4.5	6:24	5.6	11:13	0.5			5:53	8:35	
7	Mon	6:18	4.1	7:06	5.9	12:37	1.8	12:04	1.1	5:54	8:34	
8	Tue	7:54	3.9	7:50	6.3	1:45	1.0	1:00	1.8	5:54	8:34	
9	Wed	9:26	4.0	8:36	6.6	2:46	0.3	1:59	2.3	5:55	8:34	
10	Thu	10:42	4.3	9:24	6.9	3:42	-0.4	2:58	2.7	5:56	8:33	
11	Fri	11:45	4.6	10:13	7.0	4:34	-1.0	3:57	3.0	5:56	8:33	
12	Sat			12:39	4.8	5:23	-1.3	4:53	3.1	5:57	8:33	
13	Sun			1:28	5.0	6:11	-1.4	5:48	3.1	5:58	8:32	
14	Mon			2:13	5.1	6:57	-1.4	6:43	3.0	5:58	8:32	
15	Tue	12:42	6.7	2:55	5.1	7:42	-1.2	7:37	2.9	5:59	8:31	
16	Wed	1:30	6.3	3:36	5.2	8:24	-0.9	8:33	2.8	6:00	8:31	
17	Thu	2:18	5.8	4:16	5.2	9:06	-0.5	9:32	2.6	6:01	8:30	
18	Fri	3:08	5.2	4:55	5.2	9:47	0.1	10:35	2.5	6:01	8:30	
19	Sat	4:03	4.6	5:32	5.3	10:28	0.7	11:43	2.2	6:02	8:29	
20	Sun	5:09	4.1	6:10	5.4	11:12	1.3			6:03	8:28	
21	Mon	6:33	3.7	6:48	5.5	12:51	1.8	12:00	2.0	6:04	8:28	
22	Tue	8:13	3.6	7:28	5.6	1:54	1.4	12:55	2.5	6:04	8:27	
23	Wed	9:43	3.8	8:10	5.8	2:49	1.0	1:53	2.9	6:05	8:26	
24	Thu	10:48	4.1	8:53	5.9	3:36	0.6	2:49	3.2	6:06	8:25	
25	Fri	11:37	4.3	9:36	6.1	4:18	0.2	3:40	3.3	6:07	8:25	
26	Sat			12:17	4.5	4:57	-0.1	4:25	3.3	6:08	8:24	
27	Sun			12:52	4.6	5:34	-0.4	5:06	3.3	6:08	8:23	
28	Mon			1:25	4.8	6:09	-0.6	5:46	3.2	6:09	8:22	
29	Tue			1:57	4.9	6:44	-0.7	6:26	3.0	6:10	8:21	
30	Wed	12:24	6.4	2:29	5.0	7:19	-0.8	7:09	2.8	6:11	8:20	
31	Thu	1:07	6.2	3:02	5.1	7:55	-0.7	7:57	2.6	6:12	8:19	