

Alcatraz Island, CA - Aug 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:53	5.9	3:36	5.3	8:31	-0.4	8:49	2.3	6:13	8:18	☀
2	Sat	2:44	5.5	4:11	5.5	9:10	0.1	9:49	2.0	6:13	8:17	☾
3	Sun	3:43	5.0	4:50	5.8	9:51	0.7	10:57	1.6	6:14	8:16	☾
4	Mon	4:57	4.4	5:33	6.0	10:37	1.4			6:15	8:15	☾
5	Tue	6:28	4.0	6:21	6.2	12:10	1.1	11:31 AM	2.1	6:16	8:14	☾
6	Wed	8:11	4.0	7:15	6.4	1:23	0.6	12:36	2.7	6:17	8:13	☾
7	Thu	9:40	4.2	8:12	6.6	2:30	0.1	1:48	3.1	6:18	8:12	☾
8	Fri	10:46	4.6	9:09	6.7	3:30	-0.4	2:57	3.2	6:18	8:11	☾
9	Sat	11:38	4.8	10:05	6.8	4:23	-0.7	3:58	3.1	6:19	8:10	☾
10	Sun			12:22	5.0	5:12	-0.9	4:54	2.9	6:20	8:09	☾
11	Mon			1:02	5.2	5:57	-0.9	5:45	2.7	6:21	8:08	☾
12	Tue			1:40	5.2	6:38	-0.8	6:33	2.5	6:22	8:06	☾
13	Wed	12:33	6.4	2:14	5.3	7:16	-0.6	7:20	2.3	6:23	8:05	☾
14	Thu	1:18	6.0	2:47	5.3	7:53	-0.2	8:07	2.2	6:24	8:04	☾
15	Fri	2:03	5.6	3:18	5.3	8:28	0.3	8:55	2.0	6:25	8:03	☾
16	Sat	2:50	5.1	3:49	5.3	9:02	0.8	9:47	1.9	6:25	8:01	☾
17	Sun	3:42	4.5	4:20	5.4	9:38	1.5	10:44	1.8	6:26	8:00	☾
18	Mon	4:46	4.1	4:55	5.4	10:18	2.1	11:48	1.6	6:27	7:59	☾
19	Tue	6:12	3.8	5:36	5.4	11:06	2.7			6:28	7:58	☾
20	Wed	8:01	3.8	6:25	5.4	12:55	1.4	12:11	3.2	6:29	7:56	☾
21	Thu	9:31	4.0	7:20	5.5	2:00	1.1	1:26	3.4	6:30	7:55	☾
22	Fri	10:27	4.3	8:16	5.7	2:55	0.7	2:32	3.5	6:31	7:54	☾
23	Sat	11:07	4.5	9:08	5.9	3:43	0.4	3:25	3.4	6:31	7:52	☾
24	Sun	11:40	4.7	9:57	6.1	4:25	0.0	4:09	3.2	6:32	7:51	☾
25	Mon			12:10	4.8	5:03	-0.2	4:49	2.9	6:33	7:49	☾
26	Tue			12:40	5.0	5:38	-0.4	5:28	2.6	6:34	7:48	☾
27	Wed			1:09	5.1	6:13	-0.5	6:09	2.2	6:35	7:47	☾
28	Thu	12:13	6.3	1:39	5.3	6:48	-0.4	6:52	1.9	6:36	7:45	☾
29	Fri	1:01	6.1	2:10	5.6	7:23	-0.1	7:39	1.5	6:37	7:44	☾
30	Sat	1:51	5.8	2:43	5.8	7:59	0.3	8:31	1.1	6:37	7:42	☾
31	Sun	2:47	5.3	3:19	6.0	8:38	0.9	9:28	0.9	6:38	7:41	☾