













Alcatraz Island, CA - Aug 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			1:59	5.3	6:55	-1.3	6:47	2.5	6:13	8:18	
2	Mon	12:51	6.8	2:38	5.4	7:38	-1.1	7:42	2.3	6:14	8:17	
3	Tue	1:43	6.3	3:16	5.5	8:20	-0.6	8:39	2.0	6:15	8:16	
4	Wed	2:36	5.7	3:54	5.6	9:01	0.0	9:39	1.9	6:16	8:15	
5	Thu	3:33	5.0	4:32	5.7	9:41	0.7	10:44	1.7	6:17	8:14	
6	Fri	4:39	4.4	5:11	5.7	10:25	1.5	11:53	1.5	6:17	8:12	
7	Sat	6:01	4.0	5:53	5.7	11:14	2.2			6:18	8:11	
8	Sun	7:43	3.8	6:39	5.7	1:02	1.2	12:14	2.8	6:19	8:10	
9	Mon	9:20	4.0	7:29	5.7	2:07	0.9	1:23	3.2	6:20	8:09	
10	Tue	10:27	4.3	8:21	5.8	3:04	0.6	2:30	3.4	6:21	8:08	
11	Wed	11:15	4.5	9:10	5.9	3:53	0.3	3:26	3.4	6:22	8:07	
12	Thu	11:52	4.7	9:56	6.0	4:35	0.1	4:13	3.3	6:23	8:06	
13	Fri			12:24	4.7	5:13	-0.1	4:53	3.2	6:23	8:04	
14	Sat			12:53	4.8	5:46	-0.2	5:30	3.0	6:24	8:03	
15	Sun			1:20	4.9	6:18	-0.3	6:05	2.8	6:25	8:02	
16	Mon			1:46	5.0	6:47	-0.3	6:41	2.5	6:26	8:01	
17	Tue	12:38	6.0	2:12	5.1	7:16	-0.2	7:20	2.3	6:27	7:59	
18	Wed	1:19	5.7	2:39	5.3	7:46	0.1	8:02	2.0	6:28	7:58	
19	Thu	2:03	5.4	3:08	5.5	8:17	0.5	8:49	1.7	6:29	7:57	
20	Fri	2:53	5.0	3:39	5.7	8:51	1.0	9:43	1.4	6:30	7:55	
21	Sat	3:54	4.5	4:15	5.8	9:28	1.7	10:45	1.1	6:30	7:54	
22	Sun	5:13	4.1	4:58	6.0	10:13	2.3	11:56	0.8	6:31	7:52	
23	Mon	6:55	3.9	5:52	6.1	11:11	2.9			6:32	7:51	
24	Tue	8:38	4.1	6:55	6.2	1:11	0.4	12:28	3.3	6:33	7:50	
25	Wed	9:53	4.4	8:02	6.4	2:21	-0.1	1:51	3.4	6:34	7:48	
26	Thu	10:45	4.7	9:06	6.6	3:23	-0.5	3:02	3.2	6:35	7:47	
27	Fri	11:28	5.0	10:06	6.7	4:16	-0.7	4:02	2.9	6:36	7:45	
28	Sat			12:07	5.2	5:04	-0.9	4:56	2.5	6:36	7:44	
29	Sun			12:43	5.4	5:48	-0.8	5:47	2.1	6:37	7:43	
30	Mon			1:18	5.5	6:29	-0.6	6:36	1.7	6:38	7:41	
31	Tue	12:45	6.3	1:51	5.6	7:07	-0.2	7:25	1.4	6:39	7:40	