



























Alcatraz Island, CA - Jul 2005

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	9:49	3.9	8:49	6.3	3:13	0.3	2:17	2.4	5:51	8:35	
2	Sat	11:00	4.2	9:30	6.3	4:04	-0.2	3:12	2.8	5:51	8:35	
3	Sun	11:58	4.4	10:10	6.3	4:49	-0.5	4:04	3.1	5:52	8:35	
4	Mon			12:47	4.6	5:29	-0.6	4:53	3.3	5:52	8:35	
5	Tue			1:30	4.7	6:07	-0.7	5:38	3.4	5:53	8:35	
6	Wed			2:08	4.7	6:43	-0.7	6:20	3.4	5:54	8:34	
7	Thu	12:05	6.1	2:42	4.7	7:17	-0.6	7:00	3.3	5:54	8:34	
8	Fri	12:42	6.0	3:14	4.7	7:50	-0.6	7:41	3.2	5:55	8:34	
9	Sat	1:20	5.7	3:44	4.7	8:23	-0.4	8:24	3.1	5:55	8:34	
10	Sun	1:58	5.4	4:13	4.8	8:55	-0.2	9:11	3.0	5:56	8:33	
11	Mon	2:39	5.1	4:43	4.9	9:27	0.1	10:06	2.8	5:57	8:33	
12	Tue	3:26	4.6	5:15	5.1	10:01	0.6	11:07	2.5	5:57	8:32	
13	Wed	4:24	4.1	5:48	5.3	10:38	1.1			5:58	8:32	
14	Thu	5:40	3.7	6:25	5.6	12:13	2.0	11:20 AM	1.7	5:59	8:31	
15	Fri	7:19	3.5	7:05	5.8	1:16	1.5	12:10	2.3	5:59	8:31	
16	Sat	9:02	3.6	7:49	6.1	2:14	0.8	1:09	2.8	6:00	8:30	
17	Sun	10:24	4.0	8:38	6.5	3:08	0.1	2:12	3.2	6:01	8:30	
18	Mon	11:24	4.3	9:30	6.8	3:59	-0.5	3:13	3.3	6:02	8:29	
19	Tue			12:14	4.6	4:48	-1.0	4:11	3.3	6:02	8:29	
20	Wed			12:58	4.8	5:37	-1.4	5:06	3.2	6:03	8:28	
21	Thu			1:39	5.0	6:24	-1.6	6:02	2.9	6:04	8:27	
22	Fri	12:10	7.1	2:19	5.2	7:11	-1.6	6:58	2.7	6:05	8:27	
23	Sat	1:04	6.9	2:59	5.3	7:55	-1.4	7:57	2.4	6:06	8:26	
24	Sun	1:59	6.4	3:39	5.6	8:39	-0.9	9:00	2.1	6:06	8:25	
25	Mon	2:57	5.8	4:19	5.8	9:23	-0.3	10:08	1.8	6:07	8:24	
26	Tue	4:01	5.0	5:01	5.9	10:07	0.5	11:21	1.4	6:08	8:23	
27	Wed	5:16	4.4	5:46	6.0	10:55	1.3			6:09	8:23	
28	Thu	6:48	3.9	6:33	6.1	12:35	1.1	11:49 AM	2.1	6:10	8:22	
29	Fri	8:30	3.9	7:22	6.1	1:46	0.7	12:53	2.7	6:10	8:21	
30	Sat	9:56	4.2	8:13	6.1	2:49	0.3	2:01	3.2	6:11	8:20	
31	Sun	10:58	4.5	9:03	6.1	3:44	0.0	3:05	3.3	6:12	8:19	