

































Alcatraz Island, CA - Aug 2005

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:46	4.7	9:50	6.2	4:31	-0.2	4:00	3.4	6:13	8:18	
2	Tue			12:26	4.8	5:12	-0.3	4:47	3.3	6:14	8:17	
3	Wed			1:01	4.8	5:48	-0.3	5:28	3.2	6:15	8:16	
4	Thu			1:31	4.8	6:22	-0.3	6:05	3.0	6:16	8:15	
5	Fri			1:58	4.8	6:52	-0.3	6:41	2.9	6:16	8:14	
6	Sat	12:29	5.9	2:23	4.9	7:20	-0.2	7:17	2.7	6:17	8:13	
7	Sun	1:06	5.7	2:47	5.0	7:48	0.0	7:55	2.5	6:18	8:12	
8	Mon	1:44	5.4	3:12	5.1	8:15	0.3	8:37	2.3	6:19	8:11	
9	Tue	2:25	5.0	3:38	5.3	8:43	0.7	9:23	2.1	6:20	8:09	
10	Wed	3:12	4.6	4:08	5.4	9:14	1.3	10:17	1.8	6:21	8:08	
11	Thu	4:12	4.1	4:42	5.6	9:48	1.9	11:19	1.5	6:22	8:07	
12	Fri	5:34	3.8	5:23	5.7	10:30	2.5			6:22	8:06	
13	Sat	7:24	3.7	6:13	5.9	12:27	1.1	11:25 AM	3.0	6:23	8:05	
14	Sun	9:09	3.9	7:12	6.2	1:37	0.6	12:41	3.4	6:24	8:03	
15	Mon	10:18	4.3	8:15	6.4	2:41	0.0	2:00	3.5	6:25	8:02	
16	Tue	11:06	4.6	9:16	6.7	3:38	-0.5	3:08	3.4	6:26	8:01	
17	Wed	11:47	4.8	10:15	6.9	4:30	-0.9	4:07	3.1	6:27	8:00	
18	Thu			12:24	5.0	5:18	-1.1	5:02	2.6	6:28	7:58	
19	Fri			1:01	5.3	6:03	-1.2	5:55	2.2	6:28	7:57	
20	Sat	12:05	6.9	1:36	5.5	6:45	-1.0	6:49	1.8	6:29	7:56	
21	Sun	12:59	6.6	2:12	5.8	7:26	-0.6	7:43	1.4	6:30	7:54	
22	Mon	1:54	6.1	2:48	6.0	8:06	0.0	8:40	1.1	6:31	7:53	
23	Tue	2:53	5.4	3:26	6.1	8:47	0.8	9:40	0.9	6:32	7:51	
24	Wed	3:58	4.8	4:05	6.1	9:30	1.6	10:45	0.8	6:33	7:50	
25	Thu	5:16	4.3	4:50	6.0	10:18	2.3	11:55	0.7	6:34	7:49	
26	Fri	6:52	4.1	5:40	5.9	11:21	3.0			6:34	7:47	
27	Sat	8:32	4.2	6:39	5.7	1:09	0.6	12:40	3.4	6:35	7:46	
28	Sun	9:45	4.5	7:42	5.7	2:17	0.5	1:59	3.5	6:36	7:44	
29	Mon	10:36	4.7	8:41	5.7	3:15	0.3	3:03	3.4	6:37	7:43	
30	Tue	11:15	4.8	9:33	5.8	4:04	0.2	3:53	3.1	6:38	7:41	
31	Wed	11:48	4.9	10:19	5.9	4:44	0.1	4:35	2.9	6:39	7:40	