






















## Alcatraz Island, CA - Aug 2006

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:07	3.7	5:26	5.5	10:29	2.2			6:13	8:18	
2	Wed	6:46	3.5	6:09	5.6	12:28	1.6	11:13 AM	2.7	6:14	8:17	
3	Thu	8:44	3.6	6:58	5.8	1:32	1.1	12:16	3.2	6:14	8:16	
4	Fri	10:09	3.9	7:52	6.0	2:31	0.7	1:31	3.5	6:15	8:15	
5	Sat	11:00	4.2	8:48	6.3	3:24	0.1	2:39	3.6	6:16	8:14	
6	Sun	11:40	4.5	9:42	6.6	4:12	-0.4	3:37	3.4	6:17	8:13	
7	Mon			12:16	4.7	4:57	-0.8	4:28	3.2	6:18	8:12	
8	Tue			12:50	4.9	5:40	-1.1	5:18	2.9	6:19	8:11	
9	Wed			1:24	5.1	6:22	-1.2	6:09	2.5	6:20	8:10	
10	Thu	12:17	6.8	1:57	5.4	7:02	-1.1	7:01	2.0	6:20	8:09	
11	Fri	1:10	6.5	2:32	5.6	7:42	-0.7	7:57	1.6	6:21	8:07	
12	Sat	2:05	6.0	3:08	5.9	8:22	-0.1	8:56	1.3	6:22	8:06	
13	Sun	3:06	5.4	3:47	6.1	9:02	0.6	10:00	1.0	6:23	8:05	
14	Mon	4:15	4.8	4:29	6.3	9:46	1.4	11:10	0.8	6:24	8:04	
15	Tue	5:38	4.2	5:16	6.3	10:36	2.2			6:25	8:02	
16	Wed	7:19	4.1	6:11	6.3	12:26	0.5	11:40 AM	2.9	6:26	8:01	
17	Thu	8:56	4.2	7:12	6.2	1:40	0.3	12:59	3.3	6:27	8:00	
18	Fri	10:07	4.5	8:15	6.2	2:48	0.1	2:17	3.4	6:27	7:59	
19	Sat	10:58	4.8	9:14	6.2	3:45	-0.1	3:22	3.3	6:28	7:57	
20	Sun	11:40	5.0	10:05	6.2	4:33	-0.2	4:15	3.1	6:29	7:56	
21	Mon			12:16	5.0	5:14	-0.3	5:00	2.8	6:30	7:55	
22	Tue			12:47	5.0	5:49	-0.2	5:40	2.6	6:31	7:53	
23	Wed			1:15	5.0	6:20	-0.1	6:18	2.4	6:32	7:52	
24	Thu	12:12	5.8	1:39	5.1	6:49	0.1	6:54	2.2	6:33	7:50	
25	Fri	12:49	5.6	2:01	5.2	7:15	0.4	7:30	1.9	6:33	7:49	
26	Sat	1:28	5.3	2:23	5.3	7:41	0.8	8:07	1.7	6:34	7:48	
27	Sun	2:08	4.9	2:46	5.4	8:07	1.3	8:47	1.6	6:35	7:46	
28	Mon	2:54	4.5	3:12	5.5	8:34	1.8	9:32	1.4	6:36	7:45	
29	Tue	3:48	4.2	3:42	5.5	9:03	2.3	10:25	1.3	6:37	7:43	
30	Wed	5:01	3.8	4:21	5.5	9:37	2.9	11:28	1.2	6:38	7:42	
31	Thu	6:44	3.7	5:11	5.5	10:25	3.3			6:38	7:40	