

































Alcatraz Island, CA - Jul 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:02	6.3	2:35	4.6	7:11	-1.0	6:46	3.3	5:51	8:35	
2	Mon	12:44	6.2	3:10	4.7	7:48	-1.1	7:33	3.1	5:51	8:35	
3	Tue	1:28	6.1	3:45	4.9	8:26	-1.0	8:25	2.9	5:52	8:35	
4	Wed	2:15	5.7	4:20	5.1	9:05	-0.7	9:25	2.6	5:52	8:35	
5	Thu	3:08	5.3	4:56	5.3	9:46	-0.3	10:33	2.3	5:53	8:35	
6	Fri	4:12	4.7	5:35	5.6	10:29	0.4	11:46	1.7	5:53	8:35	
7	Sat	5:31	4.1	6:16	6.0	11:16	1.1			5:54	8:34	
8	Sun	7:07	3.8	7:01	6.3	12:59	1.1	12:09	1.8	5:55	8:34	
9	Mon	8:48	3.8	7:50	6.6	2:07	0.4	1:09	2.4	5:55	8:34	
10	Tue	10:13	4.1	8:41	6.8	3:08	-0.2	2:13	2.9	5:56	8:33	
11	Wed	11:19	4.4	9:33	6.9	4:03	-0.7	3:17	3.1	5:56	8:33	
12	Thu			12:13	4.7	4:54	-1.1	4:17	3.2	5:57	8:33	
13	Fri			12:59	4.9	5:42	-1.3	5:14	3.1	5:58	8:32	
14	Sat			1:42	5.0	6:27	-1.3	6:07	3.0	5:58	8:32	
15	Sun	12:05	6.7	2:22	5.1	7:09	-1.1	6:58	2.9	5:59	8:31	
16	Mon	12:52	6.4	2:59	5.1	7:49	-0.9	7:50	2.7	6:00	8:31	
17	Tue	1:37	6.0	3:34	5.1	8:26	-0.5	8:42	2.6	6:01	8:30	
18	Wed	2:22	5.4	4:07	5.2	9:02	0.0	9:37	2.4	6:01	8:30	
19	Thu	3:10	4.9	4:40	5.3	9:37	0.5	10:36	2.2	6:02	8:29	
20	Fri	4:05	4.3	5:13	5.3	10:13	1.2	11:40	1.9	6:03	8:28	
21	Sat	5:14	3.8	5:47	5.4	10:51	1.9			6:04	8:28	
22	Sun	6:47	3.5	6:26	5.5	12:46	1.6	11:37 AM	2.5	6:04	8:27	
23	Mon	8:42	3.5	7:10	5.6	1:49	1.2	12:35	3.0	6:05	8:26	
24	Tue	10:11	3.8	7:58	5.8	2:45	0.8	1:42	3.3	6:06	8:25	
25	Wed	11:06	4.1	8:47	6.0	3:34	0.4	2:45	3.5	6:07	8:25	
26	Thu	11:46	4.3	9:34	6.2	4:17	0.0	3:38	3.5	6:08	8:24	
27	Fri			12:20	4.5	4:57	-0.3	4:23	3.4	6:08	8:23	
28	Sat			12:52	4.7	5:35	-0.6	5:06	3.3	6:09	8:22	
29	Sun			1:22	4.8	6:11	-0.8	5:48	3.0	6:10	8:21	
30	Mon			1:52	5.0	6:46	-0.9	6:32	2.7	6:11	8:20	
31	Tue	12:34	6.4	2:23	5.2	7:21	-0.9	7:19	2.4	6:12	8:19	