

































Alcatraz Island, CA - Aug 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:21	6.2	2:54	5.4	7:57	-0.6	8:11	2.1	6:13	8:18	
2	Thu	2:12	5.7	3:28	5.7	8:34	-0.1	9:07	1.7	6:13	8:17	
3	Fri	3:09	5.2	4:03	5.9	9:12	0.6	10:10	1.3	6:14	8:16	
4	Sat	4:17	4.6	4:44	6.1	9:54	1.3	11:21	1.0	6:15	8:15	
5	Sun	5:43	4.1	5:30	6.3	10:42	2.1			6:16	8:14	
6	Mon	7:26	3.9	6:24	6.4	12:36	0.6	11:43 AM	2.8	6:17	8:13	
7	Tue	9:05	4.1	7:24	6.5	1:50	0.2	12:58	3.2	6:18	8:12	
8	Wed	10:18	4.4	8:27	6.6	2:57	-0.2	2:15	3.4	6:19	8:11	
9	Thu	11:11	4.7	9:26	6.6	3:54	-0.5	3:23	3.3	6:19	8:10	
10	Fri	11:54	4.9	10:21	6.6	4:45	-0.7	4:21	3.0	6:20	8:09	
11	Sat			12:33	5.1	5:29	-0.7	5:12	2.8	6:21	8:08	
12	Sun			1:08	5.2	6:08	-0.7	6:00	2.5	6:22	8:06	
13	Mon			1:41	5.2	6:44	-0.5	6:44	2.3	6:23	8:05	
14	Tue	12:41	6.0	2:10	5.3	7:17	-0.2	7:28	2.1	6:24	8:04	
15	Wed	1:24	5.6	2:38	5.3	7:48	0.3	8:11	1.9	6:25	8:03	
16	Thu	2:07	5.2	3:04	5.4	8:18	0.8	8:56	1.8	6:25	8:01	
17	Fri	2:53	4.7	3:30	5.4	8:48	1.4	9:44	1.6	6:26	8:00	
18	Sat	3:46	4.3	4:00	5.5	9:20	2.0	10:38	1.5	6:27	7:59	
19	Sun	4:54	3.9	4:35	5.5	9:54	2.6	11:41	1.4	6:28	7:58	
20	Mon	6:31	3.6	5:19	5.5	10:39	3.1			6:29	7:56	
21	Tue	8:35	3.7	6:14	5.5	12:50	1.2	11:50 AM	3.5	6:30	7:55	
22	Wed	9:53	4.0	7:16	5.6	1:57	0.9	1:21	3.7	6:31	7:53	
23	Thu	10:36	4.3	8:16	5.8	2:55	0.6	2:30	3.6	6:31	7:52	
24	Fri	11:08	4.5	9:11	6.0	3:43	0.2	3:22	3.4	6:32	7:51	
25	Sat	11:36	4.7	10:02	6.2	4:24	-0.2	4:07	3.1	6:33	7:49	
26	Sun			12:04	4.9	5:02	-0.4	4:49	2.7	6:34	7:48	
27	Mon			12:32	5.1	5:38	-0.6	5:32	2.2	6:35	7:46	
28	Tue			1:00	5.4	6:13	-0.5	6:16	1.7	6:36	7:45	
29	Wed	12:27	6.2	1:30	5.7	6:48	-0.2	7:03	1.3	6:37	7:44	
30	Thu	1:19	5.9	2:02	6.0	7:24	0.3	7:54	0.8	6:37	7:42	
31	Fri	2:15	5.5	2:36	6.2	8:01	0.9	8:48	0.5	6:38	7:41	