






















## Alcatraz Island, CA - Jun 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:19	4.3	10:08	6.7	4:22	-0.7	3:48	2.3	5:48	8:26	
2	Mon			12:21	4.6	5:11	-1.4	4:39	2.7	5:48	8:26	
3	Tue			1:18	4.7	6:00	-1.8	5:32	2.9	5:48	8:27	
4	Wed			2:11	4.8	6:49	-2.0	6:27	3.0	5:47	8:28	
5	Thu	12:32	6.9	3:03	4.9	7:40	-1.9	7:25	3.0	5:47	8:28	
6	Fri	1:24	6.7	3:53	5.0	8:31	-1.7	8:28	2.9	5:47	8:29	
7	Sat	2:19	6.2	4:43	5.0	9:22	-1.3	9:39	2.8	5:47	8:29	
8	Sun	3:17	5.6	5:32	5.1	10:13	-0.8	10:55	2.5	5:47	8:30	
9	Mon	4:21	4.9	6:20	5.3	11:04	-0.2			5:47	8:31	
10	Tue	5:33	4.3	7:05	5.4	12:13	2.1	11:55 AM	0.5	5:47	8:31	
11	Wed	6:57	3.8	7:46	5.6	1:25	1.6	12:46	1.1	5:46	8:31	
12	Thu	8:26	3.6	8:24	5.8	2:27	1.1	1:37	1.7	5:46	8:32	
13	Fri	9:49	3.7	9:00	5.9	3:20	0.5	2:27	2.2	5:46	8:32	
14	Sat	10:58	3.9	9:34	5.9	4:06	0.1	3:16	2.7	5:46	8:33	
15	Sun	11:54	4.2	10:08	6.0	4:46	-0.2	4:01	3.0	5:47	8:33	
16	Mon			12:41	4.3	5:23	-0.4	4:45	3.2	5:47	8:33	
17	Tue			1:22	4.4	5:58	-0.6	5:25	3.3	5:47	8:34	
18	Wed			1:59	4.5	6:32	-0.7	6:04	3.3	5:47	8:34	
19	Thu			2:34	4.5	7:06	-0.7	6:42	3.3	5:47	8:34	
20	Fri	12:32	5.9	3:07	4.5	7:39	-0.8	7:22	3.3	5:47	8:35	
21	Sat	1:10	5.8	3:40	4.6	8:14	-0.7	8:05	3.2	5:47	8:35	
22	Sun	1:49	5.6	4:13	4.7	8:49	-0.6	8:55	3.1	5:48	8:35	
23	Mon	2:32	5.2	4:47	4.8	9:25	-0.4	9:53	2.8	5:48	8:35	
24	Tue	3:22	4.8	5:21	5.1	10:04	0.0	10:59	2.5	5:48	8:35	
25	Wed	4:23	4.3	5:57	5.3	10:46	0.5			5:49	8:35	
26	Thu	5:42	3.9	6:36	5.7	12:09	2.0	11:33 AM	1.1	5:49	8:35	
27	Fri	7:19	3.7	7:17	6.0	1:17	1.3	12:25	1.8	5:49	8:35	
28	Sat	8:57	3.7	8:02	6.4	2:18	0.5	1:23	2.3	5:50	8:35	
29	Sun	10:19	4.0	8:51	6.7	3:15	-0.2	2:24	2.8	5:50	8:35	
30	Mon	11:25	4.4	9:43	7.0	4:08	-0.9	3:24	3.0	5:51	8:35	