

































## Alcatraz Island, CA - Jul 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue			12:20	4.6	5:00	-1.4	4:24	3.1	5:51	8:35	
2	Wed			1:09	4.9	5:50	-1.6	5:21	3.0	5:52	8:35	
3	Thu			1:54	5.0	6:38	-1.7	6:19	2.9	5:52	8:35	
4	Fri	12:22	7.0	2:38	5.1	7:25	-1.6	7:16	2.7	5:53	8:35	
5	Sat	1:15	6.6	3:20	5.3	8:10	-1.3	8:16	2.5	5:53	8:35	
6	Sun	2:07	6.1	4:01	5.4	8:54	-0.8	9:19	2.3	5:54	8:34	
7	Mon	3:02	5.5	4:42	5.5	9:36	-0.2	10:26	2.1	5:54	8:34	
8	Tue	4:01	4.8	5:22	5.6	10:19	0.5	11:36	1.8	5:55	8:34	
9	Wed	5:11	4.1	6:03	5.7	11:03	1.2			5:56	8:33	
10	Thu	6:38	3.7	6:45	5.7	12:46	1.4	11:53 AM	1.9	5:56	8:33	
11	Fri	8:20	3.6	7:27	5.8	1:51	1.0	12:49	2.5	5:57	8:33	
12	Sat	9:51	3.8	8:11	5.9	2:49	0.7	1:50	3.0	5:58	8:32	
13	Sun	10:57	4.1	8:54	6.0	3:39	0.3	2:50	3.3	5:58	8:32	
14	Mon	11:45	4.3	9:38	6.0	4:23	0.0	3:42	3.4	5:59	8:31	
15	Tue			12:24	4.5	5:02	-0.2	4:28	3.4	6:00	8:31	
16	Wed			12:58	4.6	5:38	-0.4	5:09	3.3	6:00	8:30	
17	Thu			1:28	4.6	6:12	-0.5	5:47	3.2	6:01	8:30	
18	Fri			1:57	4.7	6:44	-0.6	6:25	3.1	6:02	8:29	
19	Sat	12:18	6.1	2:24	4.8	7:15	-0.6	7:04	2.9	6:03	8:28	
20	Sun	12:57	5.9	2:52	5.0	7:45	-0.5	7:46	2.7	6:03	8:28	
21	Mon	1:38	5.7	3:21	5.1	8:17	-0.3	8:33	2.4	6:04	8:27	
22	Tue	2:23	5.3	3:51	5.4	8:50	0.1	9:26	2.1	6:05	8:26	
23	Wed	3:15	4.8	4:24	5.6	9:26	0.6	10:26	1.8	6:06	8:26	
24	Thu	4:20	4.3	5:01	5.9	10:05	1.3	11:34	1.3	6:07	8:25	
25	Fri	5:45	3.9	5:44	6.1	10:51	2.0			6:07	8:24	
26	Sat	7:30	3.7	6:35	6.3	12:46	0.8	11:49 AM	2.6	6:08	8:23	
27	Sun	9:11	3.9	7:32	6.6	1:56	0.3	12:59	3.1	6:09	8:22	
28	Mon	10:24	4.3	8:33	6.8	3:00	-0.3	2:13	3.3	6:10	8:21	
29	Tue	11:18	4.6	9:32	7.0	3:58	-0.7	3:21	3.2	6:11	8:21	
30	Wed			12:04	4.9	4:49	-1.1	4:22	3.0	6:12	8:20	
31	Thu			12:45	5.1	5:37	-1.2	5:18	2.7	6:12	8:19	