



Alcatraz Island, CA - Aug 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			1:23	5.2	6:21	-1.2	6:12	2.4	6:13	8:18	☀
2	Sat	12:15	6.7	2:00	5.4	7:02	-1.0	7:05	2.1	6:14	8:17	☀
3	Sun	1:06	6.3	2:35	5.5	7:41	-0.6	7:57	1.9	6:15	8:16	☀
4	Mon	1:56	5.8	3:10	5.6	8:19	0.0	8:51	1.7	6:16	8:15	☀
5	Tue	2:48	5.2	3:44	5.7	8:55	0.6	9:48	1.6	6:17	8:14	☀
6	Wed	3:45	4.6	4:19	5.7	9:33	1.4	10:48	1.4	6:17	8:12	☀
7	Thu	4:54	4.1	4:57	5.7	10:14	2.1	11:54	1.3	6:18	8:11	☀
8	Fri	6:23	3.8	5:40	5.6	11:03	2.7			6:19	8:10	☀
9	Sat	8:15	3.8	6:30	5.6	1:03	1.1	12:10	3.2	6:20	8:09	☀
10	Sun	9:43	4.0	7:25	5.6	2:08	0.9	1:28	3.5	6:21	8:08	☀
11	Mon	10:37	4.3	8:21	5.8	3:04	0.6	2:35	3.5	6:22	8:07	☀
12	Tue	11:16	4.5	9:13	5.9	3:52	0.3	3:29	3.4	6:23	8:05	☀
13	Wed	11:48	4.6	9:59	6.0	4:33	0.1	4:13	3.2	6:24	8:04	☀
14	Thu			12:15	4.7	5:09	-0.1	4:52	3.0	6:24	8:03	☀
15	Fri			12:41	4.8	5:41	-0.3	5:28	2.7	6:25	8:02	☀
16	Sat			1:06	5.0	6:11	-0.3	6:05	2.4	6:26	8:00	☀
17	Sun	12:05	6.1	1:31	5.2	6:41	-0.2	6:44	2.1	6:27	7:59	☀
18	Mon	12:48	5.9	1:58	5.4	7:11	0.0	7:25	1.8	6:28	7:58	☀
19	Tue	1:33	5.6	2:26	5.6	7:42	0.4	8:10	1.4	6:29	7:57	☀
20	Wed	2:23	5.2	2:56	5.9	8:15	0.9	9:01	1.1	6:30	7:55	☀
21	Thu	3:20	4.7	3:31	6.0	8:51	1.6	9:59	0.9	6:30	7:54	☀
22	Fri	4:32	4.3	4:12	6.2	9:33	2.2	11:06	0.7	6:31	7:52	☀
23	Sat	6:03	4.0	5:04	6.2	10:24	2.8			6:32	7:51	☀
24	Sun	7:47	4.0	6:07	6.3	12:22	0.4	11:36 AM	3.3	6:33	7:50	☀
25	Mon	9:12	4.3	7:17	6.3	1:39	0.1	1:04	3.4	6:34	7:48	☀
26	Tue	10:10	4.6	8:26	6.4	2:46	-0.2	2:24	3.3	6:35	7:47	☀
27	Wed	10:55	4.9	9:30	6.5	3:44	-0.5	3:29	2.9	6:36	7:45	☀
28	Thu	11:33	5.1	10:27	6.5	4:32	-0.6	4:24	2.5	6:36	7:44	☀
29	Fri			12:09	5.3	5:15	-0.6	5:15	2.0	6:37	7:42	☀
30	Sat			12:42	5.5	5:55	-0.4	6:03	1.6	6:38	7:41	☀
31	Sun	12:10	6.2	1:14	5.7	6:31	0.0	6:50	1.3	6:39	7:40	☀