US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	**9:00**	3.8	**8:09**	6.2	**2:28**	0.5	**1:32**	2.4	5:51	8:35	
2	Thu	**10:19**	4.0	**8:53**	6.2	**3:24**	0.1	**2:31**	2.8	5:51	8:35	
3	Fri	**11:21**	4.3	**9:36**	6.2	**4:13**	-0.2	**3:28**	3.1	5:52	8:35	
4	Sat			**12:10**	4.5	**4:55**	-0.4	**4:19**	3.2	5:53	8:35	
5	Sun			**12:52**	4.6	**5:34**	-0.5	**5:04**	3.3	5:53	8:35	
6	Mon			**1:29**	4.6	**6:10**	-0.6	**5:46**	3.2	5:54	8:34	
7	Tue			**2:01**	4.7	**6:43**	-0.6	**6:25**	3.1	5:54	8:34	
8	Wed	**12:12**	6.0	**2:30**	4.7	**7:15**	-0.6	**7:03**	3.0	5:55	8:34	
9	Thu	**12:49**	5.8	**2:58**	4.7	**7:45**	-0.5	**7:42**	2.9	5:55	8:33	
10	Fri	**1:26**	5.6	**3:25**	4.8	**8:15**	-0.3	**8:25**	2.8	5:56	8:33	
11	Sat	**2:05**	5.2	**3:53**	5.0	**8:46**	0.0	**9:12**	2.6	5:57	8:33	
12	Sun	**2:48**	4.8	**4:23**	5.2	**9:18**	0.4	**10:06**	2.4	5:57	8:32	
13	Mon	**3:39**	4.4	**4:55**	5.4	**9:52**	0.9	**11:07**	2.0	5:58	8:32	
14	Tue	**4:44**	3.9	**5:32**	5.6	**10:31**	1.5			5:59	8:31	
15	Wed	**6:12**	3.6	**6:13**	5.8	**12:13**	1.6	**11:17 AM**	2.1	5:59	8:31	
16	Thu	**7:58**	3.6	**7:01**	6.1	**1:19**	1.0	**12:14**	2.6	6:00	8:30	
17	Fri	**9:32**	3.8	**7:53**	6.4	**2:21**	0.4	**1:21**	3.0	6:01	8:30	
18	Sat	**10:40**	4.2	**8:49**	6.7	**3:18**	-0.2	**2:29**	3.2	6:02	8:29	
19	Sun	**11:33**	4.5	**9:45**	7.0	**4:10**	-0.8	**3:32**	3.2	6:02	8:29	
20	Mon			**12:17**	4.8	**5:00**	-1.2	**4:30**	3.0	6:03	8:28	
21	Tue			**12:59**	5.0	**5:48**	-1.5	**5:27**	2.7	6:04	8:27	
22	Wed			**1:38**	5.2	**6:33**	-1.5	**6:23**	2.4	6:05	8:27	
23	Thu	**12:29**	7.0	**2:17**	5.5	**7:17**	-1.3	**7:20**	2.1	6:06	8:26	
24	Fri	**1:24**	6.6	**2:56**	5.7	**8:00**	-0.9	**8:19**	1.8	6:06	8:25	
25	Sat	**2:19**	6.0	**3:35**	5.9	**8:42**	-0.3	**9:21**	1.5	6:07	8:24	
26	Sun	**3:18**	5.3	**4:16**	6.0	**9:24**	0.4	**10:27**	1.3	6:08	8:23	
27	Mon	**4:25**	4.6	**4:59**	6.1	**10:08**	1.2	**11:37**	1.1	6:09	8:23	
28	Tue	**5:45**	4.1	**5:45**	6.1	**10:58**	2.0			6:10	8:22	
29	Wed	**7:24**	3.8	**6:35**	6.0	**12:49**	0.9	**11:58 AM**	2.6	6:10	8:21	
30	Thu	**9:02**	4.0	**7:29**	6.0	**1:57**	0.6	**1:09**	3.1	6:11	8:20	
31	Fri	**10:14**	4.3	**8:22**	6.0	**2:58**	0.3	**2:19**	3.3	6:12	8:19	