

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	