

## Alcatraz Island, CA - Aug 2009

Date		High				Low				☀		☾
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:06	4.5	9:13	6.0	3:50	0.1	3:19	3.3	6:13	8:18	☾
2	Sun	11:47	4.6	9:59	6.1	4:34	-0.1	4:09	3.2	6:14	8:17	☉
3	Mon			12:22	4.7	5:12	-0.2	4:52	3.1	6:15	8:16	☉
4	Tue			12:51	4.8	5:46	-0.2	5:30	2.9	6:16	8:15	☉
5	Wed			1:17	4.8	6:17	-0.2	6:06	2.7	6:16	8:14	☉
6	Thu			1:41	4.9	6:45	-0.2	6:42	2.5	6:17	8:13	☉
7	Fri	12:36	5.8	2:05	5.1	7:12	0.0	7:18	2.3	6:18	8:12	☉
8	Sat	1:14	5.5	2:29	5.2	7:39	0.3	7:56	2.1	6:19	8:11	☉
9	Sun	1:54	5.2	2:55	5.4	8:07	0.6	8:39	1.9	6:20	8:09	☉
10	Mon	2:39	4.8	3:24	5.6	8:37	1.1	9:27	1.6	6:21	8:08	☾
11	Tue	3:33	4.4	3:57	5.7	9:11	1.6	10:23	1.4	6:22	8:07	☾
12	Wed	4:42	4.0	4:36	5.9	9:49	2.2	11:29	1.1	6:22	8:06	☾
13	Thu	6:16	3.7	5:25	6.0	10:39	2.8			6:23	8:05	☾
14	Fri	8:03	3.8	6:24	6.1	12:42	0.7	11:47 AM	3.2	6:24	8:03	☾
15	Sat	9:27	4.1	7:30	6.4	1:54	0.3	1:10	3.4	6:25	8:02	☾
16	Sun	10:23	4.4	8:35	6.6	2:57	-0.2	2:26	3.3	6:26	8:01	☾
17	Mon	11:07	4.7	9:37	6.8	3:52	-0.6	3:30	2.9	6:27	7:59	☾
18	Tue	11:45	5.0	10:35	6.9	4:41	-0.9	4:27	2.5	6:28	7:58	☾
19	Wed			12:22	5.3	5:26	-0.9	5:21	2.0	6:28	7:57	☾
20	Thu			12:58	5.6	6:08	-0.8	6:14	1.6	6:29	7:56	☾
21	Fri	12:25	6.6	1:33	5.8	6:48	-0.4	7:06	1.2	6:30	7:54	☾
22	Sat	1:19	6.1	2:09	6.0	7:28	0.1	7:59	0.9	6:31	7:53	☾
23	Sun	2:14	5.6	2:45	6.1	8:07	0.7	8:54	0.8	6:32	7:51	☾
24	Mon	3:13	5.0	3:23	6.1	8:48	1.4	9:52	0.7	6:33	7:50	☾
25	Tue	4:20	4.5	4:04	6.0	9:32	2.1	10:55	0.7	6:34	7:49	☾
26	Wed	5:41	4.2	4:51	5.9	10:25	2.8			6:34	7:47	☾
27	Thu	7:19	4.1	5:46	5.7	12:05	0.8	11:36 AM	3.2	6:35	7:46	☾
28	Fri	8:48	4.2	6:49	5.6	1:17	0.7	12:59	3.4	6:36	7:44	☾
29	Sat	9:50	4.5	7:52	5.6	2:22	0.6	2:12	3.4	6:37	7:43	☾
30	Sun	10:33	4.6	8:50	5.7	3:17	0.4	3:09	3.2	6:38	7:41	☾
31	Mon	11:07	4.7	9:39	5.7	4:01	0.3	3:55	2.9	6:39	7:40	☉