
































Alcatraz Island, CA - Jun 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	2:30	5.3	5:00	4.6	9:31	-0.4	9:59	3.0	5:49	8:26	
2	Wed	3:16	4.8	5:41	4.6	10:13	0.0	11:07	2.8	5:48	8:26	
3	Thu	4:10	4.4	6:19	4.7	10:57	0.4			5:48	8:27	
4	Fri	5:14	3.9	6:56	4.9	12:17	2.5	11:43 AM	0.8	5:48	8:27	
5	Sat	6:31	3.6	7:31	5.1	1:22	2.1	12:30	1.3	5:47	8:28	
6	Sun	7:57	3.5	8:06	5.4	2:17	1.5	1:19	1.7	5:47	8:29	
7	Mon	9:18	3.5	8:41	5.6	3:04	1.0	2:07	2.1	5:47	8:29	
8	Tue	10:27	3.8	9:17	5.9	3:46	0.4	2:54	2.4	5:47	8:30	
9	Wed	11:24	4.0	9:55	6.2	4:25	-0.1	3:40	2.7	5:47	8:30	
10	Thu			12:15	4.3	5:04	-0.6	4:25	2.9	5:47	8:31	
11	Fri			1:02	4.5	5:43	-1.0	5:11	3.0	5:46	8:31	
12	Sat			1:46	4.6	6:25	-1.3	5:59	3.0	5:46	8:32	
13	Sun	12:04	6.6	2:30	4.8	7:07	-1.5	6:49	2.9	5:46	8:32	
14	Mon	12:52	6.5	3:13	4.9	7:52	-1.5	7:44	2.8	5:46	8:33	
15	Tue	1:42	6.3	3:56	5.0	8:37	-1.4	8:45	2.6	5:46	8:33	
16	Wed	2:36	5.9	4:40	5.2	9:23	-1.0	9:53	2.4	5:47	8:33	
17	Thu	3:37	5.3	5:25	5.4	10:11	-0.5	11:09	2.0	5:47	8:34	
18	Fri	4:46	4.7	6:10	5.7	11:01	0.2			5:47	8:34	
19	Sat	6:08	4.1	6:57	6.0	12:26	1.5	11:54 AM	0.9	5:47	8:34	
20	Sun	7:40	3.8	7:44	6.2	1:38	0.9	12:51	1.5	5:47	8:34	
21	Mon	9:11	3.9	8:30	6.4	2:41	0.3	1:50	2.1	5:47	8:35	
22	Tue	10:27	4.1	9:16	6.5	3:37	-0.3	2:49	2.5	5:48	8:35	
23	Wed	11:30	4.4	10:01	6.5	4:27	-0.6	3:45	2.8	5:48	8:35	
24	Thu			12:22	4.6	5:12	-0.9	4:38	3.0	5:48	8:35	
25	Fri			1:09	4.7	5:54	-1.0	5:28	3.0	5:48	8:35	
26	Sat			1:50	4.8	6:33	-1.0	6:14	3.0	5:49	8:35	
27	Sun	12:08	6.2	2:28	4.8	7:10	-0.9	6:59	3.0	5:49	8:35	
28	Mon	12:47	6.0	3:03	4.8	7:45	-0.7	7:44	2.9	5:50	8:35	
29	Tue	1:26	5.7	3:35	4.8	8:19	-0.5	8:30	2.9	5:50	8:35	
30	Wed	2:06	5.3	4:06	4.8	8:53	-0.2	9:20	2.7	5:50	8:35	