





















Alcatraz Island, CA - Jul 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:48	4.9	4:37	4.9	9:27	0.2	10:16	2.6	5:51	8:35	
2	Fri	3:36	4.4	5:09	5.1	10:02	0.7	11:18	2.3	5:51	8:35	
3	Sat	4:35	3.9	5:44	5.2	10:40	1.2			5:52	8:35	
4	Sun	5:51	3.6	6:22	5.4	12:23	2.0	11:23 AM	1.8	5:52	8:35	
5	Mon	7:27	3.4	7:04	5.7	1:26	1.5	12:13	2.3	5:53	8:35	
6	Tue	9:03	3.5	7:48	5.9	2:21	1.0	1:11	2.7	5:54	8:34	
7	Wed	10:18	3.8	8:35	6.2	3:11	0.4	2:11	3.0	5:54	8:34	
8	Thu	11:14	4.1	9:23	6.5	3:56	-0.1	3:08	3.1	5:55	8:34	
9	Fri			12:00	4.4	4:40	-0.6	4:02	3.1	5:55	8:34	
10	Sat			12:41	4.7	5:24	-1.1	4:53	3.0	5:56	8:33	
11	Sun			1:20	4.9	6:07	-1.3	5:45	2.8	5:57	8:33	
12	Mon			1:59	5.1	6:49	-1.4	6:38	2.6	5:57	8:32	
13	Tue	12:43	6.8	2:37	5.3	7:32	-1.3	7:34	2.3	5:58	8:32	
14	Wed	1:36	6.4	3:16	5.6	8:14	-1.0	8:33	2.0	5:59	8:32	
15	Thu	2:32	5.9	3:56	5.8	8:57	-0.4	9:38	1.7	5:59	8:31	
16	Fri	3:33	5.2	4:39	6.0	9:41	0.2	10:48	1.3	6:00	8:30	
17	Sat	4:44	4.6	5:24	6.2	10:28	1.0			6:01	8:30	
18	Sun	6:09	4.1	6:14	6.3	12:02	1.0	11:21 AM	1.8	6:02	8:29	
19	Mon	7:47	3.9	7:06	6.4	1:16	0.6	12:24	2.4	6:02	8:29	
20	Tue	9:19	4.0	8:01	6.4	2:24	0.2	1:33	2.8	6:03	8:28	
21	Wed	10:29	4.3	8:55	6.4	3:23	-0.1	2:41	3.1	6:04	8:27	
22	Thu	11:23	4.6	9:45	6.4	4:14	-0.3	3:41	3.1	6:05	8:27	
23	Fri			12:08	4.8	4:59	-0.5	4:33	3.1	6:05	8:26	
24	Sat			12:46	4.9	5:38	-0.5	5:19	3.0	6:06	8:25	
25	Sun			1:20	4.9	6:14	-0.5	6:01	2.8	6:07	8:24	
26	Mon			1:50	4.9	6:46	-0.4	6:41	2.7	6:08	8:24	
27	Tue	12:32	5.9	2:17	5.0	7:16	-0.2	7:20	2.5	6:09	8:23	
28	Wed	1:10	5.6	2:42	5.0	7:45	0.0	7:59	2.4	6:09	8:22	
29	Thu	1:48	5.3	3:07	5.2	8:14	0.4	8:41	2.2	6:10	8:21	
30	Fri	2:29	4.9	3:34	5.3	8:43	0.8	9:27	2.1	6:11	8:20	
31	Sat	3:15	4.5	4:04	5.4	9:14	1.3	10:19	1.9	6:12	8:19	