



Alcatraz Island, CA - Aug 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:12	4.0	4:39	5.5	9:48	1.8	11:19	1.7	6:13	8:18	
2	Mon	5:28	3.7	5:20	5.6	10:28	2.4			6:14	8:17	
3	Tue	7:09	3.6	6:09	5.8	12:27	1.4	11:22 AM	2.9	6:14	8:16	
4	Wed	8:51	3.7	7:05	6.0	1:34	0.9	12:32	3.2	6:15	8:15	
5	Thu	10:01	4.0	8:03	6.2	2:34	0.4	1:47	3.3	6:16	8:14	
6	Fri	10:49	4.3	9:01	6.5	3:27	-0.1	2:52	3.2	6:17	8:13	
7	Sat	11:29	4.6	9:56	6.7	4:15	-0.5	3:49	3.0	6:18	8:12	
8	Sun			12:06	4.9	5:00	-0.9	4:42	2.6	6:19	8:11	
9	Mon			12:41	5.2	5:42	-1.0	5:34	2.2	6:20	8:10	
10	Tue			1:17	5.5	6:24	-1.0	6:26	1.8	6:21	8:08	
11	Wed	12:37	6.7	1:53	5.8	7:04	-0.7	7:20	1.3	6:21	8:07	
12	Thu	1:32	6.2	2:30	6.1	7:45	-0.2	8:16	1.0	6:22	8:06	
13	Fri	2:30	5.7	3:10	6.3	8:26	0.5	9:16	0.8	6:23	8:05	
14	Sat	3:33	5.1	3:52	6.4	9:10	1.2	10:21	0.7	6:24	8:04	
15	Sun	4:45	4.5	4:39	6.3	9:59	1.9	11:32	0.6	6:25	8:02	
16	Mon	6:12	4.2	5:33	6.2	10:58	2.6			6:26	8:01	
17	Tue	7:49	4.1	6:33	6.1	12:47	0.5	12:12	3.0	6:27	8:00	
18	Wed	9:12	4.4	7:37	6.0	1:59	0.3	1:33	3.2	6:27	7:58	
19	Thu	10:12	4.6	8:38	6.0	3:01	0.2	2:42	3.1	6:28	7:57	
20	Fri	10:58	4.8	9:32	6.0	3:53	0.0	3:39	3.0	6:29	7:56	
21	Sat	11:36	4.9	10:20	6.0	4:36	0.0	4:26	2.7	6:30	7:54	
22	Sun			12:08	5.0	5:12	0.0	5:08	2.5	6:31	7:53	
23	Mon			12:36	5.0	5:45	0.1	5:45	2.3	6:32	7:52	
24	Tue			1:00	5.1	6:14	0.2	6:21	2.0	6:33	7:50	
25	Wed	12:21	5.6	1:22	5.2	6:41	0.5	6:55	1.8	6:33	7:49	
26	Thu	12:59	5.4	1:45	5.3	7:08	0.8	7:30	1.6	6:34	7:48	
27	Fri	1:38	5.1	2:09	5.5	7:35	1.1	8:06	1.5	6:35	7:46	
28	Sat	2:21	4.8	2:35	5.6	8:03	1.6	8:47	1.3	6:36	7:45	
29	Sun	3:08	4.5	3:06	5.6	8:33	2.0	9:33	1.2	6:37	7:43	
30	Mon	4:07	4.1	3:42	5.6	9:07	2.5	10:28	1.1	6:38	7:42	
31	Tue	5:24	3.9	4:28	5.7	9:50	2.9	11:35	1.0	6:39	7:40	