



Alcatraz Island, CA - Jul 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			1:49	4.7	6:33	-1.0	6:14	2.9	5:51	8:35	☀
2	Sat	12:15	6.4	2:25	4.9	7:10	-1.1	7:00	2.8	5:51	8:35	☀
3	Sun	12:59	6.3	3:01	5.1	7:48	-1.0	7:51	2.6	5:52	8:35	☀
4	Mon	1:47	6.0	3:38	5.3	8:28	-0.8	8:47	2.3	5:52	8:35	☀
5	Tue	2:39	5.6	4:17	5.5	9:09	-0.4	9:49	2.0	5:53	8:35	☀
6	Wed	3:38	5.0	4:58	5.7	9:52	0.2	10:59	1.7	5:53	8:35	☀
7	Thu	4:48	4.4	5:43	6.0	10:40	0.8			5:54	8:34	☀
8	Fri	6:14	4.0	6:31	6.2	12:13	1.2	11:33 AM	1.5	5:55	8:34	☀
9	Sat	7:50	3.8	7:23	6.4	1:25	0.6	12:34	2.1	5:55	8:34	☀
10	Sun	9:20	4.0	8:16	6.6	2:31	0.1	1:41	2.6	5:56	8:33	☀
11	Mon	10:32	4.3	9:10	6.7	3:29	-0.4	2:46	2.8	5:56	8:33	☀
12	Tue	11:29	4.6	10:02	6.8	4:22	-0.7	3:48	2.9	5:57	8:33	☀
13	Wed			12:17	4.8	5:09	-0.9	4:44	2.9	5:58	8:32	☀
14	Thu			1:00	5.0	5:53	-1.0	5:36	2.8	5:58	8:32	☀
15	Fri			1:40	5.1	6:33	-0.9	6:25	2.7	5:59	8:31	☀
16	Sat	12:23	6.3	2:17	5.1	7:11	-0.8	7:13	2.5	6:00	8:31	☀
17	Sun	1:06	6.0	2:51	5.2	7:47	-0.5	8:00	2.4	6:01	8:30	☀
18	Mon	1:49	5.6	3:23	5.2	8:22	-0.1	8:49	2.3	6:01	8:29	☀
19	Tue	2:33	5.1	3:54	5.3	8:56	0.4	9:40	2.2	6:02	8:29	☀
20	Wed	3:20	4.6	4:26	5.3	9:31	0.9	10:37	2.0	6:03	8:28	☀
21	Thu	4:15	4.1	5:00	5.4	10:08	1.5	11:40	1.8	6:04	8:28	☀
22	Fri	5:26	3.7	5:39	5.5	10:50	2.0			6:04	8:27	☀
23	Sat	6:58	3.5	6:24	5.6	12:46	1.6	11:41 AM	2.5	6:05	8:26	☀
24	Sun	8:39	3.6	7:13	5.7	1:49	1.2	12:44	2.9	6:06	8:25	☀
25	Mon	9:56	3.8	8:04	5.9	2:44	0.8	1:50	3.1	6:07	8:25	☀
26	Tue	10:48	4.1	8:54	6.1	3:32	0.4	2:49	3.2	6:08	8:24	☀
27	Wed	11:28	4.4	9:42	6.3	4:14	0.0	3:40	3.1	6:08	8:23	☀
28	Thu			12:03	4.6	4:53	-0.4	4:26	3.0	6:09	8:22	☀
29	Fri			12:37	4.8	5:31	-0.6	5:11	2.7	6:10	8:21	☀
30	Sat			1:10	5.0	6:08	-0.8	5:57	2.4	6:11	8:20	☀
31	Sun	12:03	6.5	1:43	5.3	6:45	-0.8	6:45	2.1	6:12	8:19	☀