

































## Alcatraz Island, CA - Jul 2012

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:31	4.6	10:13	7.0	4:26	-1.0	3:54	2.6	5:51	8:35	
2	Mon			12:23	4.8	5:15	-1.3	4:51	2.6	5:52	8:35	
3	Tue			1:10	5.1	6:03	-1.5	5:47	2.6	5:52	8:35	
4	Wed			1:55	5.2	6:48	-1.4	6:42	2.4	5:53	8:35	
5	Thu	12:46	6.7	2:38	5.3	7:33	-1.2	7:38	2.3	5:53	8:35	
6	Fri	1:37	6.2	3:19	5.4	8:15	-0.9	8:36	2.2	5:54	8:34	
7	Sat	2:27	5.7	4:00	5.5	8:58	-0.4	9:36	2.1	5:54	8:34	
8	Sun	3:21	5.1	4:41	5.5	9:40	0.2	10:40	2.0	5:55	8:34	
9	Mon	4:20	4.5	5:22	5.6	10:24	0.8	11:48	1.8	5:56	8:33	
10	Tue	5:30	4.0	6:05	5.6	11:11	1.5			5:56	8:33	
11	Wed	6:56	3.7	6:49	5.6	12:56	1.5	12:04	2.1	5:57	8:33	
12	Thu	8:29	3.7	7:34	5.7	1:59	1.1	1:04	2.5	5:58	8:32	
13	Fri	9:48	3.8	8:19	5.8	2:55	0.8	2:04	2.8	5:58	8:32	
14	Sat	10:46	4.1	9:03	5.9	3:42	0.4	2:59	3.0	5:59	8:31	
15	Sun	11:31	4.3	9:46	6.1	4:24	0.1	3:48	3.0	6:00	8:31	
16	Mon			12:09	4.5	5:01	-0.1	4:31	3.0	6:00	8:30	
17	Tue			12:42	4.6	5:35	-0.3	5:12	2.9	6:01	8:30	
18	Wed			1:14	4.8	6:08	-0.4	5:51	2.8	6:02	8:29	
19	Thu			1:44	4.9	6:39	-0.5	6:30	2.6	6:03	8:28	
20	Fri	12:29	6.1	2:15	5.1	7:11	-0.5	7:12	2.5	6:03	8:28	
21	Sat	1:11	5.9	2:47	5.3	7:44	-0.4	7:58	2.2	6:04	8:27	
22	Sun	1:55	5.6	3:20	5.5	8:19	-0.1	8:48	2.0	6:05	8:26	
23	Mon	2:45	5.2	3:56	5.7	8:56	0.3	9:45	1.7	6:06	8:26	
24	Tue	3:43	4.7	4:35	5.9	9:37	0.9	10:49	1.4	6:07	8:25	
25	Wed	4:54	4.3	5:21	6.1	10:24	1.5			6:07	8:24	
26	Thu	6:22	3.9	6:12	6.2	12:00	1.0	11:20 AM	2.1	6:08	8:23	
27	Fri	7:58	3.9	7:09	6.4	1:13	0.6	12:27	2.5	6:09	8:22	
28	Sat	9:22	4.1	8:09	6.6	2:20	0.1	1:40	2.8	6:10	8:21	
29	Sun	10:27	4.5	9:08	6.8	3:20	-0.3	2:49	2.8	6:11	8:21	
30	Mon	11:18	4.8	10:04	6.9	4:13	-0.7	3:51	2.7	6:12	8:20	
31	Tue			12:03	5.1	5:02	-0.9	4:48	2.5	6:12	8:19	