



























## Alcatraz Island, CA - Jul 2013

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:52	3.9	7:43	6.0	1:45	1.0	12:59	1.8	5:51	8:35	
2	Tue	9:16	3.9	8:29	6.0	2:46	0.6	1:58	2.3	5:52	8:35	
3	Wed	10:24	4.1	9:12	6.1	3:38	0.3	2:54	2.6	5:52	8:35	
4	Thu	11:19	4.3	9:53	6.1	4:23	0.0	3:45	2.7	5:53	8:35	
5	Fri			12:05	4.5	5:02	-0.2	4:31	2.8	5:53	8:35	
6	Sat			12:44	4.6	5:38	-0.3	5:13	2.9	5:54	8:34	
7	Sun			1:19	4.7	6:11	-0.4	5:53	2.9	5:54	8:34	
8	Mon			1:51	4.7	6:42	-0.4	6:31	2.8	5:55	8:34	
9	Tue	12:22	5.9	2:21	4.8	7:13	-0.4	7:09	2.7	5:55	8:33	
10	Wed	12:59	5.8	2:51	4.9	7:43	-0.3	7:49	2.7	5:56	8:33	
11	Thu	1:37	5.5	3:22	5.0	8:14	-0.1	8:32	2.5	5:57	8:33	
12	Fri	2:17	5.2	3:54	5.2	8:47	0.1	9:21	2.4	5:57	8:32	
13	Sat	3:03	4.8	4:29	5.3	9:23	0.5	10:17	2.2	5:58	8:32	
14	Sun	3:58	4.4	5:08	5.5	10:02	1.0	11:20	1.8	5:59	8:31	
15	Mon	5:07	4.0	5:51	5.7	10:49	1.5			6:00	8:31	
16	Tue	6:35	3.8	6:39	6.0	12:28	1.4	11:43 AM	2.0	6:00	8:30	
17	Wed	8:09	3.8	7:31	6.3	1:35	0.8	12:47	2.4	6:01	8:30	
18	Thu	9:31	4.0	8:26	6.6	2:36	0.2	1:53	2.6	6:02	8:29	
19	Fri	10:35	4.4	9:21	6.8	3:31	-0.3	2:57	2.7	6:02	8:29	
20	Sat	11:28	4.7	10:15	7.0	4:22	-0.8	3:57	2.6	6:03	8:28	
21	Sun			12:15	5.0	5:11	-1.1	4:54	2.4	6:04	8:27	
22	Mon			12:59	5.3	5:58	-1.3	5:50	2.2	6:05	8:26	
23	Tue	12:02	7.0	1:41	5.5	6:43	-1.2	6:45	2.0	6:06	8:26	
24	Wed	12:55	6.7	2:23	5.7	7:27	-1.0	7:42	1.8	6:06	8:25	
25	Thu	1:48	6.3	3:04	5.8	8:11	-0.5	8:40	1.6	6:07	8:24	
26	Fri	2:43	5.7	3:46	5.9	8:55	0.0	9:41	1.5	6:08	8:23	
27	Sat	3:41	5.1	4:30	5.9	9:40	0.7	10:47	1.4	6:09	8:23	
28	Sun	4:48	4.5	5:15	5.9	10:28	1.3	11:57	1.3	6:10	8:22	
29	Mon	6:06	4.1	6:04	5.9	11:24	2.0			6:11	8:21	
30	Tue	7:37	3.9	6:56	5.8	1:07	1.1	12:27	2.5	6:11	8:20	
31	Wed	9:02	4.0	7:48	5.8	2:12	0.8	1:33	2.8	6:12	8:19	