































Alcatraz Island, CA - Jul 2014

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	2:13	5.2	4:06	4.9	8:54	0.0	9:25	2.7	5:51	8:35	
2	Wed	2:55	4.9	4:41	5.0	9:29	0.3	10:20	2.5	5:51	8:35	
3	Thu	3:43	4.4	5:18	5.1	10:07	0.7	11:22	2.3	5:52	8:35	
4	Fri	4:42	4.0	5:58	5.3	10:49	1.2			5:52	8:35	
5	Sat	5:57	3.7	6:41	5.5	12:27	2.0	11:38 AM	1.6	5:53	8:35	
6	Sun	7:25	3.6	7:26	5.7	1:29	1.5	12:33	2.0	5:54	8:34	
7	Mon	8:51	3.7	8:12	6.0	2:24	1.0	1:31	2.3	5:54	8:34	
8	Tue	10:02	4.0	8:59	6.3	3:13	0.4	2:29	2.5	5:55	8:34	
9	Wed	11:00	4.3	9:47	6.6	4:00	-0.2	3:25	2.6	5:55	8:34	
10	Thu	11:49	4.6	10:36	6.8	4:45	-0.7	4:18	2.6	5:56	8:33	
11	Fri			12:35	4.9	5:30	-1.1	5:11	2.5	5:57	8:33	
12	Sat			1:19	5.1	6:15	-1.3	6:04	2.4	5:57	8:32	
13	Sun	12:16	6.9	2:02	5.4	7:00	-1.4	6:59	2.2	5:58	8:32	
14	Mon	1:08	6.7	2:45	5.6	7:45	-1.2	7:57	2.0	5:59	8:32	
15	Tue	2:03	6.3	3:29	5.8	8:31	-0.8	8:58	1.8	5:59	8:31	
16	Wed	3:00	5.8	4:15	5.9	9:17	-0.3	10:05	1.6	6:00	8:30	
17	Thu	4:03	5.1	5:02	6.0	10:07	0.4	11:18	1.4	6:01	8:30	
18	Fri	5:16	4.6	5:53	6.1	11:00	1.0			6:02	8:29	
19	Sat	6:40	4.2	6:46	6.2	12:33	1.1	11:59 AM	1.7	6:02	8:29	
20	Sun	8:09	4.1	7:39	6.2	1:44	0.8	1:04	2.2	6:03	8:28	
21	Mon	9:29	4.2	8:32	6.2	2:47	0.4	2:09	2.5	6:04	8:27	
22	Tue	10:33	4.5	9:21	6.3	3:41	0.1	3:08	2.7	6:05	8:27	
23	Wed	11:24	4.7	10:06	6.2	4:28	-0.1	4:01	2.7	6:05	8:26	
24	Thu			12:08	4.8	5:08	-0.2	4:48	2.7	6:06	8:25	
25	Fri			12:45	4.9	5:45	-0.2	5:30	2.7	6:07	8:24	
26	Sat			1:19	4.9	6:18	-0.2	6:09	2.6	6:08	8:24	
27	Sun	12:04	6.0	1:49	5.0	6:49	-0.1	6:47	2.5	6:09	8:23	
28	Mon	12:40	5.8	2:17	5.0	7:19	0.0	7:25	2.4	6:09	8:22	
29	Tue	1:17	5.6	2:45	5.1	7:48	0.2	8:04	2.3	6:10	8:21	
30	Wed	1:55	5.3	3:14	5.2	8:18	0.4	8:46	2.2	6:11	8:20	
31	Thu	2:36	5.0	3:46	5.3	8:50	0.8	9:33	2.1	6:12	8:19	