






## Alcatraz Island, CA - Aug 2014

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:23	4.6	4:21	5.4	9:25	1.2	10:27	1.9	6:13	8:18	
2	Sat	4:19	4.2	5:01	5.5	10:04	1.6	11:29	1.7	6:14	8:17	
3	Sun	5:33	3.9	5:47	5.7	10:52	2.1			6:15	8:16	
4	Mon	7:04	3.8	6:39	5.8	12:36	1.3	11:52 AM	2.5	6:15	8:15	
5	Tue	8:33	3.9	7:34	6.1	1:41	0.9	1:01	2.7	6:16	8:14	
6	Wed	9:43	4.2	8:31	6.4	2:40	0.4	2:08	2.8	6:17	8:13	
7	Thu	10:37	4.5	9:27	6.6	3:33	-0.1	3:10	2.7	6:18	8:12	
8	Fri	11:23	4.9	10:21	6.8	4:21	-0.6	4:06	2.5	6:19	8:11	
9	Sat			12:05	5.2	5:08	-0.8	5:00	2.1	6:20	8:10	
10	Sun			12:46	5.5	5:53	-0.9	5:53	1.8	6:21	8:08	
11	Mon	12:08	6.8	1:26	5.7	6:37	-0.8	6:46	1.5	6:21	8:07	
12	Tue	1:01	6.6	2:07	6.0	7:20	-0.5	7:41	1.2	6:22	8:06	
13	Wed	1:56	6.2	2:49	6.1	8:05	-0.1	8:38	1.1	6:23	8:05	
14	Thu	2:54	5.6	3:32	6.2	8:50	0.5	9:40	1.0	6:24	8:04	
15	Fri	3:57	5.1	4:19	6.2	9:38	1.1	10:46	0.9	6:25	8:02	
16	Sat	5:08	4.6	5:09	6.1	10:33	1.8	11:58	0.9	6:26	8:01	
17	Sun	6:32	4.3	6:05	6.0	11:37	2.3			6:27	8:00	
18	Mon	7:59	4.3	7:04	5.9	1:11	0.8	12:49	2.6	6:27	7:58	
19	Tue	9:14	4.5	8:04	5.9	2:18	0.6	1:59	2.8	6:28	7:57	
20	Wed	10:12	4.7	8:58	5.9	3:14	0.4	3:00	2.7	6:29	7:56	
21	Thu	10:57	4.8	9:47	5.9	4:01	0.3	3:51	2.6	6:30	7:54	
22	Fri	11:35	4.9	10:31	5.9	4:41	0.2	4:35	2.5	6:31	7:53	
23	Sat			12:07	5.0	5:16	0.2	5:14	2.3	6:32	7:52	
24	Sun			12:35	5.1	5:48	0.3	5:50	2.1	6:33	7:50	
25	Mon			1:02	5.2	6:17	0.4	6:25	1.9	6:33	7:49	
26	Tue	12:27	5.6	1:27	5.3	6:46	0.5	6:59	1.8	6:34	7:47	
27	Wed	1:05	5.4	1:54	5.4	7:14	0.8	7:35	1.6	6:35	7:46	
28	Thu	1:45	5.2	2:22	5.5	7:43	1.0	8:13	1.5	6:36	7:45	
29	Fri	2:27	4.9	2:53	5.5	8:14	1.4	8:56	1.4	6:37	7:43	
30	Sat	3:15	4.6	3:29	5.6	8:49	1.8	9:45	1.3	6:38	7:42	
31	Sun	4:13	4.3	4:10	5.6	9:30	2.2	10:43	1.1	6:39	7:40	