
































Alcatraz Island, CA - Jun 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:38	4.4	9:34	6.3	3:19	0.4	2:56	1.1	5:48	8:26	
2	Thu	10:45	4.6	10:18	6.6	4:10	-0.3	3:48	1.4	5:48	8:27	
3	Fri	11:47	4.8	11:02	6.8	4:59	-0.9	4:39	1.7	5:48	8:27	
4	Sat			12:44	4.9	5:47	-1.3	5:31	2.0	5:47	8:28	
5	Sun			1:38	5.1	6:34	-1.5	6:23	2.2	5:47	8:28	
6	Mon	12:32	6.7	2:31	5.1	7:21	-1.5	7:18	2.4	5:47	8:29	
7	Tue	1:20	6.5	3:22	5.1	8:09	-1.4	8:15	2.5	5:47	8:30	
8	Wed	2:08	6.1	4:14	5.1	8:57	-1.0	9:17	2.6	5:47	8:30	
9	Thu	2:59	5.6	5:05	5.1	9:46	-0.6	10:25	2.6	5:47	8:31	
10	Fri	3:53	5.0	5:56	5.2	10:36	-0.1	11:38	2.4	5:47	8:31	
11	Sat	4:55	4.5	6:46	5.2	11:29	0.3			5:46	8:32	
12	Sun	6:06	4.0	7:31	5.3	12:49	2.1	12:23	0.8	5:46	8:32	
13	Mon	7:26	3.8	8:13	5.4	1:53	1.7	1:16	1.3	5:46	8:32	
14	Tue	8:45	3.7	8:50	5.6	2:48	1.3	2:07	1.6	5:46	8:33	
15	Wed	9:54	3.8	9:25	5.7	3:35	0.8	2:54	2.0	5:47	8:33	
16	Thu	10:51	4.0	9:58	5.8	4:16	0.4	3:38	2.2	5:47	8:33	
17	Fri	11:41	4.2	10:32	5.9	4:54	0.1	4:19	2.5	5:47	8:34	
18	Sat			12:25	4.3	5:28	-0.2	4:58	2.6	5:47	8:34	
19	Sun			1:05	4.5	6:01	-0.4	5:37	2.7	5:47	8:34	
20	Mon			1:44	4.6	6:35	-0.6	6:16	2.8	5:47	8:35	
21	Tue	12:18	6.1	2:23	4.7	7:09	-0.7	6:56	2.9	5:47	8:35	
22	Wed	12:57	6.0	3:01	4.8	7:45	-0.8	7:40	2.8	5:48	8:35	
23	Thu	1:37	5.8	3:41	4.9	8:24	-0.8	8:29	2.8	5:48	8:35	
24	Fri	2:22	5.6	4:23	5.0	9:05	-0.6	9:26	2.7	5:48	8:35	
25	Sat	3:13	5.2	5:06	5.2	9:50	-0.3	10:32	2.5	5:49	8:35	
26	Sun	4:13	4.8	5:52	5.4	10:39	0.1	11:46	2.1	5:49	8:35	
27	Mon	5:26	4.4	6:39	5.7	11:33	0.6			5:49	8:35	
28	Tue	6:52	4.1	7:28	6.0	12:59	1.5	12:30	1.1	5:50	8:35	
29	Wed	8:19	4.1	8:16	6.3	2:05	0.9	1:30	1.5	5:50	8:35	
30	Thu	9:39	4.2	9:05	6.6	3:04	0.2	2:30	1.9	5:51	8:35	