





















## Alcatraz Island, CA - Jul 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:47	4.5	9:53	6.8	3:58	-0.4	3:27	2.1	5:51	8:35	
2	Sat	11:45	4.8	10:41	6.9	4:48	-0.8	4:23	2.3	5:52	8:35	
3	Sun			12:38	5.0	5:35	-1.1	5:17	2.4	5:52	8:35	
4	Mon			1:27	5.2	6:21	-1.2	6:10	2.5	5:53	8:35	
5	Tue	12:16	6.7	2:13	5.3	7:05	-1.2	7:03	2.5	5:53	8:35	
6	Wed	1:02	6.4	2:57	5.3	7:49	-1.0	7:56	2.5	5:54	8:34	
7	Thu	1:49	6.0	3:40	5.3	8:31	-0.7	8:52	2.5	5:54	8:34	
8	Fri	2:36	5.5	4:22	5.3	9:13	-0.2	9:50	2.4	5:55	8:34	
9	Sat	3:26	5.0	5:04	5.3	9:56	0.3	10:54	2.3	5:56	8:33	
10	Sun	4:21	4.5	5:47	5.3	10:41	0.8			5:56	8:33	
11	Mon	5:27	4.0	6:29	5.4	12:01	2.1	11:29 AM	1.3	5:57	8:33	
12	Tue	6:48	3.7	7:12	5.5	1:07	1.8	12:22	1.8	5:58	8:32	
13	Wed	8:16	3.7	7:55	5.6	2:07	1.4	1:19	2.2	5:58	8:32	
14	Thu	9:33	3.8	8:37	5.8	2:59	1.0	2:14	2.5	5:59	8:31	
15	Fri	10:33	4.0	9:19	5.9	3:44	0.6	3:05	2.7	6:00	8:31	
16	Sat	11:21	4.3	9:59	6.1	4:24	0.3	3:51	2.8	6:00	8:30	
17	Sun			12:02	4.5	5:01	-0.1	4:34	2.8	6:01	8:30	
18	Mon			12:40	4.7	5:36	-0.3	5:15	2.8	6:02	8:29	
19	Tue			1:16	4.8	6:11	-0.5	5:55	2.7	6:03	8:28	
20	Wed	12:00	6.3	1:51	5.0	6:46	-0.7	6:37	2.6	6:03	8:28	
21	Thu	12:42	6.3	2:27	5.2	7:23	-0.7	7:23	2.5	6:04	8:27	
22	Fri	1:27	6.1	3:04	5.3	8:01	-0.6	8:12	2.3	6:05	8:26	
23	Sat	2:14	5.8	3:43	5.5	8:41	-0.3	9:07	2.1	6:06	8:26	
24	Sun	3:07	5.4	4:24	5.7	9:24	0.1	10:10	1.9	6:07	8:25	
25	Mon	4:10	4.9	5:10	5.9	10:12	0.7	11:20	1.6	6:07	8:24	
26	Tue	5:25	4.4	5:59	6.1	11:05	1.2			6:08	8:23	
27	Wed	6:53	4.1	6:53	6.2	12:35	1.1	12:06	1.8	6:09	8:22	
28	Thu	8:22	4.2	7:49	6.4	1:46	0.7	1:12	2.2	6:10	8:21	
29	Fri	9:40	4.4	8:44	6.6	2:50	0.2	2:19	2.4	6:11	8:21	
30	Sat	10:42	4.7	9:38	6.7	3:46	-0.3	3:21	2.5	6:12	8:20	
31	Sun	11:35	5.0	10:29	6.8	4:36	-0.6	4:18	2.5	6:12	8:19	