



Alcatraz Island, CA - Aug 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu			1:42	5.2	6:36	-1.3	6:27	2.5	6:13	8:18	☀
2	Fri	12:35	6.9	2:23	5.4	7:20	-1.2	7:21	2.2	6:14	8:17	☀
3	Sat	1:27	6.7	3:04	5.6	8:05	-0.9	8:18	2.0	6:14	8:16	☀
4	Sun	2:23	6.2	3:47	5.8	8:50	-0.5	9:20	1.7	6:15	8:15	☀
5	Mon	3:22	5.6	4:31	5.9	9:37	0.2	10:29	1.5	6:16	8:14	☀
6	Tue	4:30	5.0	5:19	6.0	10:27	0.9	11:42	1.2	6:17	8:13	☀
7	Wed	5:50	4.4	6:09	6.1	11:22	1.6			6:18	8:12	☀
8	Thu	7:22	4.2	7:03	6.2	12:57	0.9	12:26	2.2	6:19	8:11	☀
9	Fri	8:53	4.3	7:58	6.2	2:07	0.5	1:35	2.6	6:20	8:10	☀
10	Sat	10:06	4.5	8:51	6.3	3:07	0.2	2:40	2.9	6:20	8:09	☀
11	Sun	11:02	4.7	9:40	6.3	3:59	0.0	3:38	2.9	6:21	8:08	☀
12	Mon	11:49	4.9	10:26	6.3	4:45	-0.2	4:29	2.9	6:22	8:06	☀
13	Tue			12:28	5.0	5:24	-0.3	5:13	2.8	6:23	8:05	☀
14	Wed			1:02	5.0	6:00	-0.2	5:53	2.7	6:24	8:04	☀
15	Thu			1:33	5.0	6:33	-0.2	6:30	2.6	6:25	8:03	☀
16	Fri	12:25	5.9	2:01	5.0	7:05	0.0	7:06	2.5	6:26	8:01	☀
17	Sat	1:01	5.7	2:27	5.0	7:35	0.2	7:43	2.3	6:26	8:00	☀
18	Sun	1:39	5.5	2:54	5.1	8:05	0.4	8:21	2.2	6:27	7:59	☀
19	Mon	2:18	5.1	3:22	5.2	8:35	0.8	9:04	2.1	6:28	7:57	☀
20	Tue	3:02	4.8	3:53	5.3	9:08	1.2	9:52	1.9	6:29	7:56	☀
21	Wed	3:54	4.4	4:29	5.4	9:44	1.7	10:49	1.8	6:30	7:55	☀
22	Thu	5:02	4.0	5:10	5.4	10:27	2.2	11:54	1.5	6:31	7:53	☀
23	Fri	6:31	3.8	5:59	5.6	11:22	2.7			6:32	7:52	☀
24	Sat	8:08	3.9	6:55	5.8	1:03	1.1	12:32	3.0	6:32	7:51	☀
25	Sun	9:25	4.2	7:53	6.0	2:07	0.7	1:43	3.1	6:33	7:49	☀
26	Mon	10:21	4.5	8:51	6.3	3:03	0.1	2:47	3.0	6:34	7:48	☀
27	Tue	11:06	4.8	9:47	6.6	3:54	-0.3	3:42	2.8	6:35	7:46	☀
28	Wed	11:46	5.1	10:42	6.8	4:42	-0.7	4:34	2.4	6:36	7:45	☀
29	Thu			12:25	5.3	5:27	-0.9	5:24	2.0	6:37	7:43	☀
30	Fri			1:03	5.6	6:11	-0.9	6:15	1.6	6:38	7:42	☀
31	Sat	12:29	6.7	1:41	5.8	6:54	-0.6	7:07	1.3	6:38	7:41	☀