






























Alcatraz Island, CA - Jul 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	10:12	4.2	9:24	6.7	3:32	0.0	2:52	2.1	5:51	8:35	
2	Thu	11:19	4.5	10:09	6.8	4:23	-0.6	3:47	2.5	5:52	8:35	
3	Fri			12:17	4.7	5:11	-1.0	4:40	2.8	5:52	8:35	
4	Sat			1:09	4.9	5:57	-1.2	5:33	2.9	5:53	8:35	
5	Sun			1:57	5.0	6:41	-1.3	6:24	3.0	5:53	8:35	
6	Mon	12:24	6.6	2:41	5.0	7:24	-1.2	7:16	3.0	5:54	8:34	
7	Tue	1:08	6.3	3:24	5.0	8:05	-0.9	8:07	3.0	5:54	8:34	
8	Wed	1:52	5.9	4:04	5.0	8:46	-0.6	9:01	2.9	5:55	8:34	
9	Thu	2:36	5.4	4:43	5.0	9:27	-0.2	10:00	2.8	5:56	8:33	
10	Fri	3:24	4.9	5:21	5.0	10:08	0.2	11:04	2.7	5:56	8:33	
11	Sat	4:18	4.4	5:59	5.1	10:50	0.8			5:57	8:33	
12	Sun	5:25	3.9	6:37	5.2	12:12	2.4	11:35 AM	1.3	5:58	8:32	
13	Mon	6:48	3.6	7:15	5.4	1:17	2.0	12:24	1.8	5:58	8:32	
14	Tue	8:21	3.6	7:53	5.6	2:15	1.5	1:17	2.3	5:59	8:31	
15	Wed	9:44	3.8	8:33	5.8	3:05	1.0	2:10	2.7	6:00	8:31	
16	Thu	10:47	4.0	9:13	6.0	3:48	0.5	3:01	2.9	6:00	8:30	
17	Fri	11:38	4.3	9:55	6.2	4:28	0.1	3:49	3.1	6:01	8:30	
18	Sat			12:21	4.5	5:06	-0.3	4:34	3.2	6:02	8:29	
19	Sun			1:00	4.7	5:44	-0.6	5:17	3.1	6:03	8:28	
20	Mon			1:38	4.8	6:22	-0.9	6:01	3.0	6:04	8:28	
21	Tue	12:03	6.6	2:16	5.0	7:01	-1.0	6:47	2.9	6:04	8:27	
22	Wed	12:49	6.5	2:53	5.1	7:41	-1.0	7:37	2.7	6:05	8:26	
23	Thu	1:37	6.3	3:32	5.3	8:23	-0.9	8:32	2.5	6:06	8:26	
24	Fri	2:28	5.9	4:12	5.5	9:05	-0.5	9:33	2.2	6:07	8:25	
25	Sat	3:26	5.4	4:53	5.7	9:50	0.1	10:42	1.9	6:07	8:24	
26	Sun	4:34	4.8	5:38	5.9	10:38	0.7	11:57	1.4	6:08	8:23	
27	Mon	5:56	4.3	6:26	6.1	11:31	1.4			6:09	8:22	
28	Tue	7:31	4.0	7:17	6.3	1:11	0.9	12:32	2.1	6:10	8:21	
29	Wed	9:04	4.1	8:10	6.5	2:19	0.4	1:37	2.5	6:11	8:20	
30	Thu	10:20	4.4	9:03	6.6	3:19	-0.1	2:43	2.8	6:12	8:20	
31	Fri	11:19	4.7	9:54	6.7	4:12	-0.5	3:43	3.0	6:12	8:19	