






























Alcatraz Island, CA - Aug 2021

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:04	3.7	7:10	5.6	1:34	1.4	12:42	2.7	6:13	8:18	
2	Mon	9:34	3.9	7:55	5.7	2:32	1.0	1:45	3.0	6:14	8:17	
3	Tue	10:38	4.2	8:42	5.8	3:23	0.7	2:45	3.2	6:15	8:16	
4	Wed	11:25	4.4	9:27	6.0	4:07	0.3	3:36	3.3	6:16	8:15	
5	Thu			12:03	4.6	4:47	0.0	4:21	3.3	6:17	8:14	
6	Fri			12:36	4.7	5:23	-0.2	5:01	3.2	6:17	8:13	
7	Sat			1:08	4.8	5:58	-0.4	5:39	3.0	6:18	8:12	
8	Sun			1:38	4.9	6:31	-0.5	6:18	2.8	6:19	8:10	
9	Mon	12:16	6.3	2:08	5.0	7:05	-0.6	6:58	2.6	6:20	8:09	
10	Tue	12:58	6.2	2:39	5.2	7:39	-0.5	7:43	2.3	6:21	8:08	
11	Wed	1:43	5.9	3:12	5.4	8:14	-0.2	8:32	2.0	6:22	8:07	
12	Thu	2:33	5.5	3:46	5.6	8:51	0.3	9:28	1.7	6:23	8:06	
13	Fri	3:30	5.0	4:23	5.8	9:31	0.9	10:31	1.4	6:23	8:04	
14	Sat	4:40	4.5	5:06	6.0	10:15	1.6	11:42	1.0	6:24	8:03	
15	Sun	6:09	4.1	5:55	6.1	11:09	2.3			6:25	8:02	
16	Mon	7:51	4.0	6:52	6.3	12:56	0.6	12:16	2.8	6:26	8:01	
17	Tue	9:21	4.3	7:53	6.5	2:07	0.2	1:32	3.1	6:27	7:59	
18	Wed	10:27	4.6	8:54	6.6	3:10	-0.3	2:44	3.2	6:28	7:58	
19	Thu	11:18	4.9	9:51	6.7	4:05	-0.6	3:46	3.0	6:29	7:57	
20	Fri			12:01	5.1	4:54	-0.8	4:42	2.8	6:29	7:55	
21	Sat			12:41	5.2	5:39	-0.8	5:32	2.5	6:30	7:54	
22	Sun			1:18	5.3	6:21	-0.7	6:20	2.2	6:31	7:53	
23	Mon	12:24	6.4	1:52	5.4	7:00	-0.5	7:07	2.0	6:32	7:51	
24	Tue	1:11	6.0	2:24	5.4	7:36	-0.1	7:53	1.8	6:33	7:50	
25	Wed	1:57	5.6	2:56	5.4	8:12	0.4	8:40	1.7	6:34	7:48	
26	Thu	2:45	5.1	3:26	5.4	8:47	1.0	9:30	1.6	6:35	7:47	
27	Fri	3:38	4.6	3:58	5.4	9:24	1.6	10:24	1.5	6:35	7:46	
28	Sat	4:42	4.2	4:33	5.4	10:04	2.3	11:25	1.4	6:36	7:44	
29	Sun	6:06	3.9	5:16	5.3	10:55	2.8			6:37	7:43	
30	Mon	7:51	3.9	6:07	5.3	12:33	1.3	12:05	3.3	6:38	7:41	
31	Tue	9:17	4.1	7:06	5.4	1:41	1.1	1:24	3.4	6:39	7:40	