

## Alcatraz Island, CA - Aug 2022

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:01	5.5	3:43	5.1	8:38	0.1	9:00	2.5	6:13	8:18	
2	Tue	2:45	5.1	4:14	5.3	9:11	0.5	9:54	2.2	6:14	8:17	
3	Wed	3:39	4.6	4:47	5.5	9:47	1.0	10:55	1.8	6:15	8:16	
4	Thu	4:47	4.2	5:26	5.7	10:29	1.6			6:15	8:15	
5	Fri	6:19	3.8	6:10	6.0	12:03	1.4	11:19 AM	2.3	6:16	8:14	
6	Sat	8:05	3.8	7:02	6.2	1:13	0.8	12:21	2.8	6:17	8:13	
7	Sun	9:37	4.1	7:59	6.5	2:19	0.2	1:33	3.2	6:18	8:12	
8	Mon	10:43	4.4	8:58	6.8	3:19	-0.3	2:43	3.3	6:19	8:11	
9	Tue	11:33	4.7	9:56	7.0	4:14	-0.8	3:46	3.2	6:20	8:10	
10	Wed			12:17	5.0	5:05	-1.2	4:43	2.9	6:21	8:08	
11	Thu			12:58	5.2	5:52	-1.3	5:38	2.6	6:21	8:07	
12	Fri			1:37	5.3	6:37	-1.2	6:32	2.3	6:22	8:06	
13	Sat	12:39	6.8	2:15	5.5	7:20	-0.9	7:26	2.0	6:23	8:05	
14	Sun	1:32	6.4	2:52	5.6	8:02	-0.5	8:22	1.7	6:24	8:04	
15	Mon	2:26	5.8	3:30	5.7	8:42	0.1	9:19	1.6	6:25	8:02	
16	Tue	3:23	5.2	4:07	5.8	9:23	0.8	10:21	1.4	6:26	8:01	
17	Wed	4:29	4.5	4:47	5.8	10:07	1.6	11:29	1.3	6:27	8:00	
18	Thu	5:50	4.1	5:30	5.7	10:58	2.3			6:28	7:58	
19	Fri	7:30	4.0	6:19	5.6	12:39	1.1	12:01	2.9	6:28	7:57	
20	Sat	9:05	4.1	7:13	5.6	1:47	0.9	1:15	3.3	6:29	7:56	
21	Sun	10:12	4.4	8:09	5.7	2:47	0.6	2:24	3.4	6:30	7:54	
22	Mon	10:59	4.6	9:01	5.8	3:39	0.4	3:21	3.3	6:31	7:53	
23	Tue	11:36	4.7	9:49	5.9	4:22	0.2	4:08	3.2	6:32	7:52	
24	Wed			12:07	4.8	5:00	0.0	4:48	3.0	6:33	7:50	
25	Thu			12:35	4.9	5:34	-0.1	5:24	2.8	6:34	7:49	
26	Fri			1:01	4.9	6:05	-0.1	5:58	2.5	6:34	7:47	
27	Sat			1:26	5.0	6:33	-0.1	6:33	2.3	6:35	7:46	
28	Sun	12:31	5.9	1:51	5.2	7:02	0.1	7:09	2.0	6:36	7:45	
29	Mon	1:12	5.6	2:17	5.3	7:30	0.3	7:49	1.7	6:37	7:43	
30	Tue	1:55	5.3	2:45	5.5	8:01	0.8	8:33	1.5	6:38	7:42	
31	Wed	2:45	4.9	3:15	5.7	8:33	1.3	9:23	1.2	6:39	7:40	