

































Alcatraz Island, CA - Jul 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat			12:15	4.4	4:55	-0.8	4:13	3.2	5:51	8:35	
2	Sun			1:04	4.6	5:40	-1.3	5:05	3.3	5:51	8:35	
3	Mon			1:50	4.8	6:26	-1.6	5:57	3.2	5:52	8:35	
4	Tue	12:05	7.0	2:35	4.9	7:13	-1.7	6:52	3.1	5:52	8:35	
5	Wed	12:56	6.9	3:18	5.0	8:00	-1.6	7:50	2.9	5:53	8:35	
6	Thu	1:50	6.6	4:01	5.2	8:47	-1.4	8:55	2.7	5:53	8:35	
7	Fri	2:47	6.0	4:44	5.4	9:34	-0.9	10:06	2.4	5:54	8:34	
8	Sat	3:50	5.4	5:28	5.6	10:22	-0.3	11:23	2.0	5:55	8:34	
9	Sun	5:02	4.7	6:13	5.9	11:11	0.5			5:55	8:34	
10	Mon	6:27	4.1	6:58	6.1	12:40	1.4	12:03	1.3	5:56	8:33	
11	Tue	8:04	3.9	7:44	6.3	1:52	0.9	12:59	2.0	5:57	8:33	
12	Wed	9:35	4.0	8:30	6.4	2:54	0.3	1:59	2.6	5:57	8:33	
13	Thu	10:48	4.3	9:14	6.4	3:48	-0.1	2:58	3.0	5:58	8:32	
14	Fri	11:46	4.5	9:58	6.4	4:36	-0.4	3:54	3.2	5:59	8:32	
15	Sat			12:34	4.7	5:18	-0.6	4:44	3.3	5:59	8:31	
16	Sun			1:16	4.8	5:57	-0.6	5:30	3.3	6:00	8:31	
17	Mon			1:53	4.8	6:33	-0.6	6:12	3.3	6:01	8:30	
18	Tue			2:26	4.8	7:07	-0.6	6:52	3.2	6:01	8:29	
19	Wed	12:36	6.0	2:57	4.8	7:40	-0.5	7:32	3.1	6:02	8:29	
20	Thu	1:14	5.8	3:25	4.8	8:11	-0.3	8:13	2.9	6:03	8:28	
21	Fri	1:51	5.5	3:53	4.9	8:42	-0.1	8:58	2.8	6:04	8:28	
22	Sat	2:32	5.1	4:21	5.0	9:13	0.3	9:49	2.6	6:05	8:27	
23	Sun	3:17	4.6	4:52	5.1	9:45	0.8	10:47	2.4	6:05	8:26	
24	Mon	4:13	4.2	5:25	5.3	10:20	1.3	11:51	2.0	6:06	8:25	
25	Tue	5:27	3.8	6:02	5.5	11:00	1.9			6:07	8:25	
26	Wed	7:07	3.5	6:44	5.8	12:56	1.5	11:50 AM	2.5	6:08	8:24	
27	Thu	8:53	3.7	7:31	6.0	1:57	0.9	12:51	3.0	6:09	8:23	
28	Fri	10:15	4.0	8:23	6.3	2:53	0.3	1:58	3.3	6:09	8:22	
29	Sat	11:13	4.3	9:16	6.6	3:45	-0.3	3:02	3.4	6:10	8:21	
30	Sun	11:59	4.6	10:10	6.9	4:35	-0.8	4:00	3.3	6:11	8:20	
31	Mon			12:41	4.8	5:23	-1.2	4:55	3.1	6:12	8:19	