



## Alcatraz Island, CA - Aug 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue			1:20	5.0	6:09	-1.4	5:49	2.8	6:13	8:18	☉
2	Wed			1:58	5.2	6:54	-1.4	6:43	2.5	6:14	8:17	☉
3	Thu	12:51	6.9	2:36	5.4	7:38	-1.2	7:40	2.1	6:14	8:16	☉
4	Fri	1:46	6.5	3:15	5.6	8:20	-0.8	8:40	1.8	6:15	8:15	☉
5	Sat	2:43	5.9	3:54	5.9	9:03	-0.1	9:45	1.5	6:16	8:14	☾
6	Sun	3:46	5.2	4:35	6.0	9:47	0.7	10:55	1.3	6:17	8:13	☾
7	Mon	5:00	4.5	5:20	6.1	10:34	1.5			6:18	8:12	☾
8	Tue	6:31	4.1	6:08	6.1	12:09	1.0	11:29 AM	2.3	6:19	8:11	☾
9	Wed	8:13	4.0	7:01	6.1	1:22	0.7	12:36	2.9	6:20	8:10	☾
10	Thu	9:40	4.3	7:57	6.1	2:29	0.4	1:49	3.2	6:20	8:09	☾
11	Fri	10:42	4.6	8:51	6.1	3:27	0.1	2:56	3.4	6:21	8:07	☾
12	Sat	11:30	4.8	9:41	6.1	4:17	-0.1	3:52	3.3	6:22	8:06	☾
13	Sun			12:10	4.9	5:00	-0.2	4:39	3.2	6:23	8:05	☾
14	Mon			12:44	4.9	5:37	-0.2	5:20	3.0	6:24	8:04	☾
15	Tue			1:13	4.9	6:10	-0.2	5:58	2.8	6:25	8:03	☾
16	Wed			1:39	4.9	6:40	-0.2	6:33	2.6	6:26	8:01	☾
17	Thu	12:24	5.9	2:03	5.0	7:08	0.0	7:08	2.4	6:26	8:00	☾
18	Fri	1:00	5.7	2:27	5.1	7:34	0.2	7:45	2.2	6:27	7:59	☾
19	Sat	1:38	5.3	2:51	5.2	8:01	0.5	8:24	2.0	6:28	7:57	☾
20	Sun	2:19	5.0	3:16	5.3	8:29	1.0	9:08	1.8	6:29	7:56	☾
21	Mon	3:06	4.6	3:45	5.4	8:58	1.5	9:58	1.6	6:30	7:55	☾
22	Tue	4:04	4.2	4:18	5.6	9:31	2.1	10:56	1.4	6:31	7:53	☾
23	Wed	5:24	3.8	4:59	5.7	10:11	2.7			6:32	7:52	☾
24	Thu	7:11	3.7	5:51	5.8	12:04	1.1	11:07 AM	3.2	6:32	7:51	☾
25	Fri	8:56	4.0	6:53	6.0	1:16	0.7	12:28	3.5	6:33	7:49	☾
26	Sat	10:03	4.3	7:59	6.2	2:22	0.2	1:50	3.5	6:34	7:48	☾
27	Sun	10:49	4.6	9:02	6.5	3:21	-0.3	2:59	3.3	6:35	7:46	☾
28	Mon	11:28	4.8	10:01	6.8	4:13	-0.7	3:56	3.0	6:36	7:45	☾
29	Tue			12:04	5.1	5:00	-1.0	4:50	2.5	6:37	7:43	☾
30	Wed			12:39	5.3	5:45	-1.0	5:41	2.0	6:38	7:42	☾
31	Thu			1:14	5.6	6:26	-0.8	6:33	1.5	6:38	7:41	☾