



















Alcatraz Island, CA - Aug 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:49	4.8	10:02	6.5	4:35	-0.6	4:04	3.3	6:13	8:18	
2	Fri			12:31	4.9	5:20	-0.7	4:56	3.2	6:14	8:17	
3	Sat			1:09	5.0	6:00	-0.7	5:42	3.0	6:15	8:16	
4	Sun			1:43	5.0	6:36	-0.6	6:25	2.8	6:16	8:15	
5	Mon	12:16	6.2	2:13	5.0	7:10	-0.4	7:06	2.6	6:17	8:13	
6	Tue	12:56	5.9	2:40	5.0	7:40	-0.2	7:47	2.5	6:18	8:12	
7	Wed	1:35	5.5	3:06	5.1	8:10	0.2	8:29	2.3	6:18	8:11	
8	Thu	2:15	5.1	3:31	5.2	8:39	0.7	9:14	2.1	6:19	8:10	
9	Fri	2:59	4.7	3:58	5.3	9:08	1.2	10:04	2.0	6:20	8:09	
10	Sat	3:52	4.2	4:28	5.4	9:38	1.8	11:02	1.8	6:21	8:08	
11	Sun	5:01	3.8	5:04	5.5	10:12	2.4			6:22	8:07	
12	Mon	6:39	3.6	5:47	5.5	12:06	1.5	10:57 AM	2.9	6:23	8:05	
13	Tue	8:40	3.7	6:40	5.7	1:14	1.2	12:04	3.4	6:24	8:04	
14	Wed	10:02	4.0	7:38	5.8	2:16	0.8	1:26	3.6	6:25	8:03	
15	Thu	10:50	4.3	8:36	6.1	3:11	0.3	2:36	3.6	6:25	8:02	
16	Fri	11:26	4.5	9:31	6.4	4:00	-0.2	3:31	3.4	6:26	8:00	
17	Sat	11:59	4.7	10:23	6.6	4:44	-0.6	4:21	3.1	6:27	7:59	
18	Sun			12:31	4.9	5:26	-0.9	5:08	2.7	6:28	7:58	
19	Mon			1:03	5.2	6:06	-1.0	5:57	2.3	6:29	7:56	
20	Tue	12:06	6.7	1:36	5.4	6:45	-0.9	6:47	1.8	6:30	7:55	
21	Wed	12:58	6.5	2:09	5.7	7:23	-0.5	7:40	1.4	6:31	7:54	
22	Thu	1:53	6.0	2:44	6.0	8:02	0.1	8:36	1.0	6:31	7:52	
23	Fri	2:52	5.4	3:22	6.2	8:42	0.8	9:37	0.7	6:32	7:51	
24	Sat	4:00	4.8	4:03	6.3	9:26	1.6	10:44	0.6	6:33	7:50	
25	Sun	5:22	4.3	4:51	6.3	10:16	2.4	11:58	0.4	6:34	7:48	
26	Mon	7:00	4.2	5:47	6.2	11:21	3.0			6:35	7:47	
27	Tue	8:37	4.3	6:51	6.1	1:15	0.3	12:44	3.4	6:36	7:45	
28	Wed	9:49	4.6	7:58	6.1	2:26	0.1	2:06	3.4	6:37	7:44	
29	Thu	10:40	4.9	9:01	6.1	3:27	-0.1	3:12	3.2	6:37	7:42	
30	Fri	11:22	5.0	9:55	6.1	4:17	-0.2	4:06	2.9	6:38	7:41	
31	Sat	11:57	5.1	10:43	6.0	4:59	-0.2	4:51	2.6	6:39	7:39	