




















Alcatraz Island, CA - Aug 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	6:40	3.6	6:05	5.5	12:25	1.5	11:21 AM	2.7	6:13	8:18	
2	Sat	8:38	3.6	6:52	5.6	1:30	1.2	12:23	3.2	6:14	8:17	
3	Sun	10:06	3.9	7:43	5.7	2:30	0.9	1:37	3.5	6:15	8:16	
4	Mon	10:58	4.2	8:36	5.9	3:22	0.5	2:43	3.6	6:16	8:15	
5	Tue	11:36	4.4	9:25	6.1	4:07	0.2	3:36	3.5	6:17	8:14	
6	Wed			12:08	4.6	4:48	-0.2	4:20	3.4	6:17	8:13	
7	Thu			12:37	4.7	5:24	-0.4	5:00	3.2	6:18	8:12	
8	Fri			1:06	4.8	5:59	-0.6	5:40	2.9	6:19	8:10	
9	Sat			1:34	5.0	6:33	-0.7	6:22	2.6	6:20	8:09	
10	Sun	12:24	6.3	2:03	5.2	7:07	-0.6	7:06	2.2	6:21	8:08	
11	Mon	1:11	6.1	2:33	5.5	7:41	-0.3	7:55	1.9	6:22	8:07	
12	Tue	2:00	5.7	3:04	5.7	8:16	0.1	8:48	1.5	6:23	8:06	
13	Wed	2:56	5.2	3:38	6.0	8:53	0.8	9:47	1.2	6:23	8:04	
14	Thu	4:02	4.6	4:17	6.2	9:33	1.5	10:54	0.9	6:24	8:03	
15	Fri	5:25	4.1	5:03	6.3	10:20	2.3			6:25	8:02	
16	Sat	7:07	4.0	5:58	6.3	12:09	0.6	11:20 AM	2.9	6:26	8:01	
17	Sun	8:48	4.1	7:02	6.4	1:25	0.2	12:38	3.3	6:27	7:59	
18	Mon	10:01	4.5	8:08	6.5	2:36	-0.1	2:01	3.4	6:28	7:58	
19	Tue	10:54	4.8	9:11	6.5	3:36	-0.4	3:11	3.3	6:29	7:57	
20	Wed	11:36	5.0	10:09	6.6	4:28	-0.6	4:10	3.0	6:29	7:55	
21	Thu			12:14	5.1	5:13	-0.7	5:01	2.6	6:30	7:54	
22	Fri			12:49	5.2	5:53	-0.6	5:48	2.3	6:31	7:53	
23	Sat			1:21	5.3	6:29	-0.4	6:33	2.0	6:32	7:51	
24	Sun	12:33	6.0	1:50	5.4	7:02	0.0	7:16	1.8	6:33	7:50	
25	Mon	1:18	5.6	2:17	5.4	7:33	0.4	7:58	1.6	6:34	7:48	
26	Tue	2:02	5.2	2:43	5.5	8:04	1.0	8:42	1.5	6:35	7:47	
27	Wed	2:50	4.7	3:09	5.5	8:34	1.6	9:28	1.4	6:35	7:46	
28	Thu	3:44	4.3	3:38	5.5	9:06	2.2	10:20	1.3	6:36	7:44	
29	Fri	4:52	3.9	4:13	5.4	9:41	2.8	11:20	1.3	6:37	7:43	
30	Sat	6:28	3.8	4:58	5.4	10:28	3.3			6:38	7:41	
31	Sun	8:29	3.9	5:55	5.4	12:30	1.2	11:47 AM	3.6	6:39	7:40	