




## Alcatraz Island, CA - Jul 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:24	6.0	2:55	4.6	7:31	-0.7	7:14	3.2	5:51	8:35	
2	Thu	1:02	5.8	3:25	4.7	8:04	-0.7	7:56	3.1	5:51	8:35	
3	Fri	1:40	5.6	3:55	4.8	8:36	-0.5	8:42	3.0	5:52	8:35	
4	Sat	2:22	5.3	4:26	4.9	9:10	-0.3	9:36	2.8	5:53	8:35	
5	Sun	3:09	4.9	4:58	5.1	9:46	0.2	10:38	2.4	5:53	8:35	
6	Mon	4:07	4.4	5:33	5.4	10:25	0.7	11:46	2.0	5:54	8:34	
7	Tue	5:23	3.9	6:10	5.7	11:09	1.3			5:54	8:34	
8	Wed	7:00	3.6	6:52	6.0	12:54	1.3	12:00	2.0	5:55	8:34	
9	Thu	8:43	3.7	7:39	6.4	1:59	0.6	12:59	2.6	5:55	8:34	
10	Fri	10:09	4.0	8:31	6.7	2:58	-0.1	2:03	3.0	5:56	8:33	
11	Sat	11:15	4.3	9:25	7.0	3:53	-0.7	3:07	3.2	5:57	8:33	
12	Sun			12:08	4.6	4:45	-1.2	4:08	3.2	5:57	8:32	
13	Mon			12:55	4.9	5:36	-1.5	5:07	3.1	5:58	8:32	
14	Tue			1:38	5.0	6:24	-1.6	6:04	2.9	5:59	8:31	
15	Wed	12:09	7.1	2:19	5.2	7:10	-1.5	7:01	2.6	5:59	8:31	
16	Thu	1:02	6.8	2:59	5.3	7:54	-1.3	7:59	2.4	6:00	8:30	
17	Fri	1:55	6.2	3:39	5.5	8:37	-0.8	9:00	2.1	6:01	8:30	
18	Sat	2:49	5.6	4:18	5.6	9:18	-0.2	10:04	1.9	6:02	8:29	
19	Sun	3:48	4.9	4:58	5.7	10:00	0.6	11:13	1.7	6:02	8:29	
20	Mon	4:57	4.2	5:38	5.8	10:43	1.3			6:03	8:28	
21	Tue	6:24	3.8	6:21	5.8	12:23	1.4	11:32 AM	2.1	6:04	8:27	
22	Wed	8:09	3.7	7:06	5.8	1:31	1.0	12:31	2.7	6:05	8:27	
23	Thu	9:43	3.9	7:54	5.9	2:32	0.7	1:38	3.2	6:06	8:26	
24	Fri	10:48	4.2	8:41	5.9	3:26	0.4	2:42	3.4	6:06	8:25	
25	Sat	11:36	4.4	9:28	6.0	4:12	0.1	3:37	3.4	6:07	8:24	
26	Sun			12:14	4.6	4:53	-0.1	4:23	3.4	6:08	8:24	
27	Mon			12:46	4.6	5:30	-0.3	5:04	3.3	6:09	8:23	
28	Tue			1:15	4.7	6:03	-0.4	5:41	3.1	6:10	8:22	
29	Wed			1:41	4.8	6:34	-0.5	6:18	3.0	6:10	8:21	
30	Thu	12:11	6.1	2:07	4.9	7:03	-0.5	6:55	2.8	6:11	8:20	
31	Fri	12:49	5.9	2:33	5.0	7:33	-0.3	7:35	2.5	6:12	8:19	