



## Alcatraz Island, CA - Aug 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:29	5.6	3:00	5.2	8:02	-0.1	8:18	2.3	6:13	8:18	☉
2	Sun	2:13	5.3	3:28	5.4	8:33	0.3	9:08	2.0	6:14	8:17	☾
3	Mon	3:03	4.8	3:59	5.6	9:07	0.9	10:04	1.6	6:15	8:16	☾
4	Tue	4:05	4.3	4:35	5.9	9:44	1.5	11:09	1.3	6:15	8:15	☾
5	Wed	5:28	3.9	5:18	6.1	10:28	2.2			6:16	8:14	☾
6	Thu	7:13	3.7	6:09	6.2	12:20	0.9	11:24 AM	2.8	6:17	8:13	☾
7	Fri	8:58	3.9	7:09	6.4	1:34	0.4	12:38	3.2	6:18	8:12	☾
8	Sat	10:11	4.3	8:14	6.6	2:41	-0.1	1:57	3.4	6:19	8:11	☾
9	Sun	11:04	4.6	9:16	6.8	3:41	-0.6	3:07	3.3	6:20	8:10	☾
10	Mon	11:47	4.9	10:15	7.0	4:33	-0.9	4:09	3.0	6:21	8:08	☾
11	Tue			12:26	5.1	5:21	-1.1	5:05	2.6	6:22	8:07	☾
12	Wed			1:03	5.3	6:05	-1.1	5:58	2.2	6:22	8:06	☾
13	Thu	12:03	6.7	1:39	5.5	6:46	-0.8	6:50	1.9	6:23	8:05	☾
14	Fri	12:55	6.4	2:13	5.6	7:24	-0.4	7:42	1.6	6:24	8:03	☾
15	Sat	1:46	5.9	2:47	5.8	8:01	0.1	8:34	1.4	6:25	8:02	☾
16	Sun	2:39	5.3	3:21	5.8	8:38	0.8	9:29	1.3	6:26	8:01	☾
17	Mon	3:37	4.7	3:56	5.8	9:16	1.5	10:27	1.2	6:27	8:00	☾
18	Tue	4:46	4.2	4:34	5.7	9:57	2.3	11:32	1.1	6:28	7:58	☾
19	Wed	6:15	3.9	5:17	5.6	10:48	2.9			6:28	7:57	☾
20	Thu	8:05	3.9	6:10	5.6	12:41	1.0	11:59 AM	3.4	6:29	7:56	☾
21	Fri	9:32	4.1	7:09	5.5	1:49	0.8	1:22	3.6	6:30	7:54	☾
22	Sat	10:25	4.4	8:09	5.6	2:49	0.6	2:31	3.5	6:31	7:53	☾
23	Sun	11:03	4.5	9:03	5.8	3:40	0.4	3:25	3.3	6:32	7:52	☾
24	Mon	11:33	4.7	9:51	5.9	4:21	0.2	4:08	3.1	6:33	7:50	☾
25	Tue			12:00	4.8	4:57	0.0	4:46	2.8	6:34	7:49	☾
26	Wed			12:24	4.9	5:29	-0.1	5:22	2.5	6:34	7:47	☾
27	Thu			12:48	5.0	5:58	-0.1	5:57	2.2	6:35	7:46	☾
28	Fri			1:12	5.2	6:27	0.0	6:34	1.9	6:36	7:44	☾
29	Sat	12:40	5.7	1:37	5.5	6:55	0.3	7:13	1.5	6:37	7:43	☾
30	Sun	1:24	5.5	2:03	5.7	7:25	0.7	7:55	1.2	6:38	7:42	☾
31	Mon	2:14	5.1	2:32	5.9	7:57	1.2	8:43	0.9	6:39	7:40	☾