


Alcatraz Island, CA - Jul 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:36	4.7	5:08	5.2	10:01	0.4	11:11	2.2	5:51	8:35	
2	Mon	4:35	4.1	5:45	5.3	10:43	1.0			5:52	8:35	
3	Tue	5:49	3.7	6:23	5.4	12:19	1.9	11:28 AM	1.6	5:52	8:35	
4	Wed	7:20	3.5	7:03	5.5	1:23	1.5	12:19	2.2	5:53	8:35	
5	Thu	8:57	3.5	7:46	5.7	2:21	1.1	1:15	2.6	5:53	8:35	
6	Fri	10:13	3.8	8:29	5.9	3:12	0.7	2:13	3.0	5:54	8:34	
7	Sat	11:08	4.0	9:12	6.0	3:56	0.3	3:06	3.1	5:54	8:34	
8	Sun	11:51	4.3	9:56	6.2	4:36	-0.1	3:55	3.2	5:55	8:34	
9	Mon			12:29	4.5	5:13	-0.4	4:39	3.2	5:56	8:33	
10	Tue			1:03	4.6	5:49	-0.6	5:21	3.1	5:56	8:33	
11	Wed			1:37	4.8	6:24	-0.8	6:04	2.9	5:57	8:33	
12	Thu	12:04	6.4	2:09	4.9	6:59	-0.9	6:48	2.7	5:58	8:32	
13	Fri	12:48	6.3	2:43	5.1	7:34	-0.9	7:37	2.5	5:58	8:32	
14	Sat	1:34	6.0	3:17	5.3	8:11	-0.6	8:29	2.2	5:59	8:31	
15	Sun	2:24	5.6	3:53	5.6	8:50	-0.2	9:28	1.9	6:00	8:31	
16	Mon	3:21	5.1	4:31	5.8	9:30	0.3	10:34	1.6	6:00	8:30	
17	Tue	4:29	4.5	5:14	6.1	10:15	1.0	11:46	1.1	6:01	8:30	
18	Wed	5:53	4.0	6:02	6.3	11:06	1.7			6:02	8:29	
19	Thu	7:31	3.8	6:55	6.4	12:59	0.7	12:07	2.3	6:03	8:28	
20	Fri	9:05	4.0	7:52	6.6	2:09	0.2	1:17	2.8	6:03	8:28	
21	Sat	10:19	4.3	8:49	6.7	3:10	-0.3	2:28	3.0	6:04	8:27	
22	Sun	11:15	4.6	9:45	6.8	4:05	-0.6	3:32	3.0	6:05	8:26	
23	Mon			12:02	4.9	4:54	-0.9	4:30	2.9	6:06	8:26	
24	Tue			12:44	5.0	5:39	-0.9	5:23	2.7	6:07	8:25	
25	Wed			1:22	5.2	6:19	-0.9	6:12	2.5	6:07	8:24	
26	Thu	12:13	6.4	1:58	5.2	6:57	-0.7	7:00	2.4	6:08	8:23	
27	Fri	12:57	6.1	2:31	5.3	7:33	-0.4	7:47	2.2	6:09	8:22	
28	Sat	1:41	5.6	3:02	5.3	8:07	0.0	8:34	2.1	6:10	8:22	
29	Sun	2:25	5.2	3:32	5.4	8:41	0.5	9:23	2.0	6:11	8:21	
30	Mon	3:13	4.7	4:03	5.4	9:15	1.1	10:17	1.8	6:11	8:20	
31	Tue	4:08	4.2	4:36	5.5	9:51	1.7	11:17	1.7	6:12	8:19	