

























Alcatraz Island, CA - Aug 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:19	3.8	5:15	5.5	10:32	2.3			6:13	8:18	
2	Thu	6:52	3.6	6:01	5.6	12:24	1.5	11:23 AM	2.8	6:14	8:17	
3	Fri	8:38	3.7	6:53	5.6	1:30	1.2	12:31	3.1	6:15	8:16	
4	Sat	9:53	3.9	7:47	5.8	2:30	0.9	1:42	3.3	6:16	8:15	
5	Sun	10:41	4.2	8:41	6.0	3:20	0.5	2:43	3.3	6:17	8:14	
6	Mon	11:18	4.4	9:31	6.2	4:04	0.1	3:34	3.2	6:17	8:13	
7	Tue	11:51	4.6	10:19	6.4	4:42	-0.2	4:19	3.0	6:18	8:11	
8	Wed			12:22	4.8	5:19	-0.5	5:03	2.7	6:19	8:10	
9	Thu			12:52	5.1	5:54	-0.6	5:46	2.3	6:20	8:09	
10	Fri			1:23	5.3	6:29	-0.6	6:32	1.9	6:21	8:08	
11	Sat	12:40	6.3	1:55	5.6	7:05	-0.4	7:20	1.6	6:22	8:07	
12	Sun	1:30	6.0	2:29	5.9	7:42	0.0	8:12	1.2	6:23	8:06	
13	Mon	2:25	5.5	3:05	6.1	8:20	0.6	9:08	0.9	6:23	8:04	
14	Tue	3:25	5.0	3:46	6.3	9:02	1.2	10:11	0.7	6:24	8:03	
15	Wed	4:37	4.5	4:33	6.3	9:48	1.9	11:21	0.6	6:25	8:02	
16	Thu	6:04	4.1	5:27	6.4	10:45	2.5			6:26	8:01	
17	Fri	7:41	4.1	6:30	6.3	12:37	0.4	11:59 AM	3.0	6:27	7:59	
18	Sat	9:05	4.3	7:36	6.3	1:51	0.1	1:22	3.1	6:28	7:58	
19	Sun	10:07	4.6	8:41	6.4	2:56	-0.1	2:36	3.0	6:29	7:57	
20	Mon	10:54	4.9	9:39	6.4	3:51	-0.3	3:38	2.8	6:30	7:55	
21	Tue	11:35	5.1	10:32	6.3	4:37	-0.4	4:31	2.5	6:30	7:54	
22	Wed			12:11	5.2	5:18	-0.3	5:18	2.2	6:31	7:53	
23	Thu			12:43	5.3	5:54	-0.1	6:01	1.9	6:32	7:51	
24	Fri	12:05	6.0	1:12	5.4	6:27	0.1	6:42	1.7	6:33	7:50	
25	Sat	12:48	5.7	1:39	5.5	6:59	0.5	7:21	1.5	6:34	7:48	
26	Sun	1:30	5.3	2:05	5.5	7:30	0.9	8:00	1.4	6:35	7:47	
27	Mon	2:13	5.0	2:31	5.5	8:00	1.4	8:41	1.3	6:36	7:46	
28	Tue	3:00	4.6	3:00	5.5	8:32	1.9	9:26	1.3	6:36	7:44	
29	Wed	3:53	4.2	3:33	5.5	9:06	2.4	10:17	1.3	6:37	7:43	
30	Thu	5:00	3.9	4:13	5.5	9:46	2.8	11:18	1.3	6:38	7:41	
31	Fri	6:29	3.8	5:04	5.4	10:40	3.2			6:39	7:40	