



## Alcatraz Island, CA - Aug 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:01	5.9	2:26	5.3	7:29	-0.1	7:44	2.1	6:13	8:18	☀
2	Fri	1:45	5.6	2:57	5.5	8:02	0.2	8:31	1.8	6:14	8:17	☀
3	Sat	2:33	5.2	3:30	5.7	8:37	0.6	9:24	1.5	6:15	8:16	☀
4	Sun	3:29	4.7	4:08	5.9	9:16	1.2	10:24	1.3	6:16	8:15	☀
5	Mon	4:38	4.3	4:52	6.1	10:00	1.7	11:33	1.0	6:16	8:14	☀
6	Tue	6:04	4.0	5:43	6.2	10:54	2.3			6:17	8:13	☀
7	Wed	7:42	3.9	6:43	6.4	12:47	0.6	12:02	2.8	6:18	8:12	☀
8	Thu	9:08	4.1	7:46	6.5	1:58	0.2	1:19	3.0	6:19	8:11	☀
9	Fri	10:12	4.5	8:49	6.7	3:01	-0.2	2:33	2.9	6:20	8:09	☀
10	Sat	11:02	4.8	9:48	6.8	3:56	-0.6	3:37	2.7	6:21	8:08	☀
11	Sun	11:45	5.1	10:43	6.8	4:44	-0.7	4:34	2.4	6:22	8:07	☀
12	Mon			12:24	5.3	5:29	-0.8	5:26	2.1	6:22	8:06	☀
13	Tue			1:02	5.5	6:10	-0.6	6:17	1.8	6:23	8:05	☀
14	Wed	12:25	6.4	1:37	5.7	6:50	-0.3	7:06	1.6	6:24	8:03	☀
15	Thu	1:15	6.0	2:12	5.8	7:28	0.1	7:55	1.4	6:25	8:02	☀
16	Fri	2:04	5.5	2:46	5.8	8:05	0.6	8:44	1.3	6:26	8:01	☀
17	Sat	2:55	5.0	3:20	5.8	8:43	1.2	9:36	1.3	6:27	8:00	☀
18	Sun	3:52	4.5	3:56	5.7	9:23	1.8	10:33	1.3	6:28	7:58	☀
19	Mon	4:58	4.1	4:37	5.6	10:08	2.4	11:37	1.3	6:28	7:57	☀
20	Tue	6:22	3.9	5:24	5.5	11:04	2.8			6:29	7:56	☀
21	Wed	7:58	3.9	6:19	5.5	12:46	1.2	12:15	3.2	6:30	7:54	☀
22	Thu	9:14	4.1	7:19	5.5	1:52	1.0	1:29	3.2	6:31	7:53	☀
23	Fri	10:05	4.3	8:16	5.6	2:49	0.8	2:32	3.2	6:32	7:52	☀
24	Sat	10:43	4.5	9:09	5.8	3:35	0.5	3:22	3.0	6:33	7:50	☀
25	Sun	11:14	4.7	9:56	5.9	4:15	0.3	4:05	2.7	6:34	7:49	☀
26	Mon	11:42	4.9	10:41	6.0	4:49	0.1	4:44	2.4	6:34	7:47	☀
27	Tue			12:09	5.1	5:21	0.1	5:22	2.1	6:35	7:46	☀
28	Wed			12:37	5.3	5:52	0.1	6:00	1.7	6:36	7:44	☀
29	Thu	12:08	5.9	1:05	5.5	6:23	0.3	6:40	1.4	6:37	7:43	☀
30	Fri	12:54	5.7	1:35	5.8	6:56	0.5	7:22	1.0	6:38	7:42	☀
31	Sat	1:43	5.5	2:08	6.0	7:30	0.9	8:09	0.8	6:39	7:40	☀