


























Alcatraz Island, CA - Aug 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:06	4.3	4:54	5.4	10:02	1.6	11:22	1.9	6:13	8:18	
2	Tue	5:11	3.9	5:36	5.4	10:46	2.0			6:14	8:17	
3	Wed	6:34	3.7	6:23	5.5	12:27	1.7	11:40 AM	2.5	6:15	8:16	
4	Thu	8:07	3.7	7:15	5.6	1:31	1.4	12:44	2.8	6:16	8:15	
5	Fri	9:23	3.9	8:07	5.8	2:27	1.0	1:49	2.9	6:17	8:14	
6	Sat	10:18	4.2	8:57	6.1	3:16	0.5	2:47	2.9	6:17	8:13	
7	Sun	11:02	4.5	9:46	6.3	4:00	0.1	3:37	2.8	6:18	8:11	
8	Mon	11:40	4.8	10:34	6.5	4:41	-0.2	4:25	2.6	6:19	8:10	
9	Tue			12:17	5.0	5:20	-0.5	5:11	2.3	6:20	8:09	
10	Wed			12:54	5.3	6:00	-0.6	5:58	2.0	6:21	8:08	
11	Thu	12:11	6.6	1:30	5.5	6:40	-0.6	6:46	1.7	6:22	8:07	
12	Fri	1:01	6.4	2:08	5.8	7:20	-0.4	7:38	1.4	6:23	8:06	
13	Sat	1:54	6.1	2:48	6.0	8:02	0.0	8:33	1.2	6:24	8:04	
14	Sun	2:50	5.6	3:31	6.1	8:46	0.5	9:33	1.0	6:24	8:03	
15	Mon	3:53	5.1	4:17	6.2	9:34	1.1	10:40	0.9	6:25	8:02	
16	Tue	5:06	4.6	5:10	6.2	10:29	1.7	11:55	0.7	6:26	8:01	
17	Wed	6:31	4.3	6:08	6.2	11:34	2.2			6:27	7:59	
18	Thu	7:59	4.4	7:10	6.2	1:10	0.5	12:48	2.5	6:28	7:58	
19	Fri	9:14	4.6	8:12	6.2	2:19	0.3	2:01	2.7	6:29	7:57	
20	Sat	10:14	4.8	9:10	6.2	3:18	0.1	3:05	2.6	6:30	7:55	
21	Sun	11:02	5.1	10:03	6.2	4:08	0.0	4:00	2.4	6:30	7:54	
22	Mon	11:43	5.2	10:51	6.2	4:51	-0.1	4:48	2.2	6:31	7:53	
23	Tue			12:20	5.3	5:30	0.0	5:32	2.1	6:32	7:51	
24	Wed			12:52	5.3	6:04	0.1	6:12	1.9	6:33	7:50	
25	Thu	12:15	5.8	1:22	5.3	6:37	0.3	6:50	1.8	6:34	7:48	
26	Fri	12:55	5.6	1:50	5.4	7:08	0.6	7:27	1.7	6:35	7:47	
27	Sat	1:34	5.3	2:17	5.4	7:39	0.9	8:05	1.6	6:36	7:45	
28	Sun	2:14	5.0	2:46	5.4	8:10	1.3	8:45	1.5	6:36	7:44	
29	Mon	2:58	4.7	3:17	5.4	8:43	1.7	9:30	1.5	6:37	7:43	
30	Tue	3:48	4.4	3:53	5.4	9:19	2.1	10:22	1.5	6:38	7:41	
31	Wed	4:50	4.1	4:37	5.4	10:02	2.5	11:23	1.4	6:39	7:40	