


## Alcatraz Island, CA - Jul 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:57	4.5	6:14	5.7	11:09	0.6			5:51	8:35	
2	Sat	6:19	3.9	6:57	5.9	12:40	1.5	11:59 AM	1.3	5:52	8:35	
3	Sun	7:56	3.7	7:40	6.0	1:48	1.0	12:53	2.0	5:52	8:35	
4	Mon	9:30	3.8	8:22	6.0	2:49	0.6	1:50	2.6	5:53	8:35	
5	Tue	10:44	4.0	9:03	6.1	3:40	0.2	2:47	3.0	5:53	8:35	
6	Wed	11:41	4.3	9:43	6.1	4:25	-0.1	3:41	3.3	5:54	8:34	
7	Thu			12:28	4.5	5:06	-0.3	4:29	3.4	5:55	8:34	
8	Fri			1:07	4.6	5:43	-0.5	5:12	3.4	5:55	8:34	
9	Sat			1:41	4.6	6:18	-0.5	5:52	3.4	5:56	8:33	
10	Sun			2:12	4.6	6:51	-0.6	6:29	3.3	5:57	8:33	
11	Mon	12:17	6.0	2:40	4.7	7:22	-0.6	7:07	3.2	5:57	8:33	
12	Tue	12:54	5.9	3:08	4.7	7:53	-0.5	7:47	3.0	5:58	8:32	
13	Wed	1:32	5.6	3:36	4.9	8:24	-0.4	8:31	2.9	5:59	8:32	
14	Thu	2:12	5.3	4:05	5.0	8:55	-0.1	9:21	2.6	5:59	8:31	
15	Fri	2:58	4.9	4:35	5.2	9:29	0.3	10:18	2.3	6:00	8:31	
16	Sat	3:53	4.4	5:08	5.5	10:05	0.9	11:22	1.9	6:01	8:30	
17	Sun	5:05	3.9	5:45	5.7	10:46	1.5			6:01	8:30	
18	Mon	6:42	3.6	6:28	6.0	12:31	1.4	11:35 AM	2.2	6:02	8:29	
19	Tue	8:30	3.7	7:17	6.3	1:38	0.7	12:35	2.8	6:03	8:28	
20	Wed	9:59	4.0	8:11	6.6	2:40	0.1	1:44	3.2	6:04	8:28	
21	Thu	11:04	4.3	9:08	6.9	3:37	-0.5	2:51	3.3	6:05	8:27	
22	Fri	11:55	4.6	10:05	7.1	4:31	-1.0	3:54	3.3	6:05	8:26	
23	Sat			12:39	4.9	5:21	-1.4	4:53	3.1	6:06	8:25	
24	Sun			1:20	5.1	6:09	-1.5	5:49	2.8	6:07	8:25	
25	Mon			2:00	5.2	6:55	-1.4	6:46	2.5	6:08	8:24	
26	Tue	12:49	6.8	2:38	5.4	7:38	-1.2	7:42	2.2	6:09	8:23	
27	Wed	1:42	6.3	3:16	5.6	8:19	-0.7	8:41	1.9	6:09	8:22	
28	Thu	2:37	5.7	3:54	5.7	9:00	0.0	9:43	1.7	6:10	8:21	
29	Fri	3:36	5.0	4:33	5.8	9:41	0.7	10:49	1.5	6:11	8:20	
30	Sat	4:44	4.3	5:14	5.9	10:24	1.5	11:59	1.2	6:12	8:19	
31	Sun	6:10	3.9	5:57	5.9	11:13	2.3			6:13	8:18	