

Alcatraz Island, CA - Aug 2024

| Date | | High | | | | Low | | | | ☀️ | | 🌙 |
|------|-----|-------|-----|-------|-----|-------|------|----------|-----|------|------|------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 7:56 | 3.8 | 6:45 | 5.8 | 1:09 | 1.0 | 12:14 | 2.9 | 6:14 | 8:17 | 🌓 |
| 2 | Tue | 9:32 | 4.0 | 7:37 | 5.8 | 2:14 | 0.7 | 1:26 | 3.3 | 6:14 | 8:16 | 🌓 |
| 3 | Wed | 10:38 | 4.3 | 8:29 | 5.9 | 3:11 | 0.4 | 2:35 | 3.5 | 6:15 | 8:15 | 🌓 |
| 4 | Thu | 11:24 | 4.5 | 9:18 | 6.0 | 4:00 | 0.2 | 3:32 | 3.5 | 6:16 | 8:14 | 🌓 |
| 5 | Fri | | | 12:01 | 4.6 | 4:42 | 0.0 | 4:18 | 3.3 | 6:17 | 8:13 | 🌑 |
| 6 | Sat | | | 12:32 | 4.7 | 5:20 | -0.2 | 4:59 | 3.2 | 6:18 | 8:12 | 🌑 |
| 7 | Sun | | | 1:00 | 4.7 | 5:53 | -0.3 | 5:35 | 3.0 | 6:19 | 8:11 | 🌑 |
| 8 | Mon | | | 1:25 | 4.8 | 6:23 | -0.3 | 6:11 | 2.8 | 6:20 | 8:10 | 🌑 |
| 9 | Tue | 12:04 | 6.0 | 1:49 | 4.9 | 6:52 | -0.3 | 6:46 | 2.6 | 6:20 | 8:09 | 🌑 |
| 10 | Wed | 12:42 | 5.9 | 2:14 | 5.1 | 7:19 | -0.1 | 7:24 | 2.3 | 6:21 | 8:08 | 🌑 |
| 11 | Thu | 1:21 | 5.6 | 2:39 | 5.3 | 7:47 | 0.2 | 8:05 | 2.1 | 6:22 | 8:06 | 🌑 |
| 12 | Fri | 2:04 | 5.2 | 3:06 | 5.5 | 8:17 | 0.6 | 8:51 | 1.8 | 6:23 | 8:05 | 🌑 |
| 13 | Sat | 2:53 | 4.8 | 3:35 | 5.7 | 8:49 | 1.1 | 9:43 | 1.5 | 6:24 | 8:04 | 🌑 |
| 14 | Sun | 3:54 | 4.4 | 4:10 | 5.8 | 9:24 | 1.8 | 10:44 | 1.2 | 6:25 | 8:03 | 🌑 |
| 15 | Mon | 5:13 | 3.9 | 4:52 | 6.0 | 10:06 | 2.4 | 11:55 | 0.8 | 6:26 | 8:01 | 🌑 |
| 16 | Tue | 6:58 | 3.8 | 5:44 | 6.1 | 11:01 | 3.0 | | | 6:26 | 8:00 | 🌓 |
| 17 | Wed | 8:44 | 4.0 | 6:47 | 6.3 | 1:10 | 0.4 | 12:18 | 3.4 | 6:27 | 7:59 | 🌓 |
| 18 | Thu | 9:57 | 4.3 | 7:55 | 6.5 | 2:21 | 0.0 | 1:42 | 3.5 | 6:28 | 7:58 | 🌓 |
| 19 | Fri | 10:48 | 4.6 | 9:00 | 6.7 | 3:23 | -0.5 | 2:55 | 3.3 | 6:29 | 7:56 | 🌓 |
| 20 | Sat | 11:29 | 4.9 | 10:01 | 6.8 | 4:16 | -0.8 | 3:56 | 2.9 | 6:30 | 7:55 | 🌑 |
| 21 | Sun | | | 12:07 | 5.1 | 5:04 | -1.0 | 4:52 | 2.5 | 6:31 | 7:53 | 🌑 |
| 22 | Mon | | | 12:43 | 5.4 | 5:48 | -0.9 | 5:44 | 2.0 | 6:32 | 7:52 | 🌑 |
| 23 | Tue | | | 1:17 | 5.6 | 6:28 | -0.7 | 6:35 | 1.6 | 6:32 | 7:51 | 🌑 |
| 24 | Wed | 12:44 | 6.3 | 1:51 | 5.8 | 7:07 | -0.3 | 7:26 | 1.3 | 6:33 | 7:49 | 🌑 |
| 25 | Thu | 1:36 | 5.9 | 2:25 | 5.9 | 7:44 | 0.3 | 8:18 | 1.1 | 6:34 | 7:48 | 🌑 |
| 26 | Fri | 2:30 | 5.3 | 2:58 | 5.9 | 8:21 | 1.0 | 9:11 | 0.9 | 6:35 | 7:46 | 🌑 |
| 27 | Sat | 3:29 | 4.8 | 3:33 | 5.9 | 8:59 | 1.7 | 10:07 | 0.9 | 6:36 | 7:45 | 🌑 |
| 28 | Sun | 4:38 | 4.3 | 4:11 | 5.8 | 9:41 | 2.4 | 11:09 | 0.9 | 6:37 | 7:44 | 🌑 |
| 29 | Mon | 6:06 | 4.0 | 4:55 | 5.6 | 10:34 | 3.0 | | | 6:38 | 7:42 | 🌑 |
| 30 | Tue | 7:53 | 4.0 | 5:50 | 5.5 | 12:19 | 0.9 | 11:50 AM | 3.5 | 6:38 | 7:41 | 🌓 |
| 31 | Wed | 9:17 | 4.3 | 6:53 | 5.4 | 1:29 | 0.8 | 1:17 | 3.6 | 6:39 | 7:39 | 🌓 |