US HARBORS www.USHarbors.com

Alcatraz Island, CA - Aug 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:52	5.8	2:24	5.1	7:27	-0.1	7:32	2.4	6:13	8:18	
2	Sat	1:30	5.6	2:54	5.2	7:58	0.1	8:12	2.3	6:14	8:17	
3	Sun	2:11	5.3	3:27	5.3	8:31	0.4	8:58	2.1	6:15	8:16	
4	Mon	2:56	5.0	4:02	5.4	9:07	0.7	9:50	2.0	6:16	8:15	
5	Tue	3:50	4.6	4:42	5.6	9:48	1.2	10:51	1.7	6:17	8:13	
6	Wed	4:58	4.2	5:27	5.7	10:36	1.7			6:18	8:12	
7	Thu	6:24	4.0	6:19	5.9	12:00	1.4	11:33 AM	2.1	6:19	8:11	
8	Fri	7:56	4.0	7:15	6.2	1:11	0.9	12:40	2.5	6:19	8:10	
9	Sat	9:15	4.3	8:13	6.4	2:16	0.4	1:49	2.6	6:20	8:09	
10	Sun	10:17	4.6	9:11	6.7	3:14	-0.1	2:54	2.6	6:21	8:08	
11	Mon	11:09	4.9	10:07	6.9	4:07	-0.5	3:53	2.4	6:22	8:07	
12	Tue	11:55	5.2	11:01	7.0	4:56	-0.8	4:49	2.2	6:23	8:05	
13	Wed			12:38	5.5	5:43	-0.9	5:42	1.9	6:24	8:04	
14	Thu			1:20	5.7	6:27	-0.8	6:35	1.6	6:25	8:03	
15	Fri	12:46	6.6	2:00	5.8	7:11	-0.6	7:27	1.5	6:25	8:02	
16	Sat	1:38	6.2	2:41	5.9	7:54	-0.1	8:21	1.3	6:26	8:00	
17	Sun	2:32	5.7	3:22	5.9	8:38	0.4	9:18	1.3	6:27	7:59	
18	Mon	3:28	5.2	4:05	5.9	9:23	1.0	10:18	1.3	6:28	7:58	
19	Tue	4:32	4.7	4:51	5.8	10:12	1.6	11:24	1.3	6:29	7:56	
20	Wed	5:47	4.3	5:40	5.7	11:09	2.2			6:30	7:55	
21	Thu	7:14	4.1	6:35	5.6	12:34	1.2	12:16	2.6	6:31	7:54	
22	Fri	8:39	4.2	7:31	5.6	1:41	1.0	1:26	2.8	6:31	7:52	
23	Sat	9:43	4.4	8:25	5.6	2:40	0.8	2:29	2.9	6:32	7:51	
24	Sun	10:32	4.6	9:15	5.7	3:29	0.6	3:22	2.8	6:33	7:50	
25	Mon	11:10	4.7	10:00	5.8	4:12	0.4	4:07	2.6	6:34	7:48	
26	Tue	11:42	4.9	10:42	5.9	4:49	0.3	4:47	2.5	6:35	7:47	
27	Wed			12:11	5.0	5:22	0.2	5:23	2.3	6:36	7:45	
28	Thu			12:39	5.1	5:53	0.2	5:57	2.1	6:37	7:44	
29	Fri	12:01	5.8	1:07	5.2	6:24	0.3	6:32	1.9	6:37	7:42	
30	Sat	12:40	5.7	1:35	5.4	6:54	0.4	7:08	1.7	6:38	7:41	
31	Sun	1:21	5.5	2:06	5.5	7:26	0.6	7:47	1.5	6:39	7:39	