US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jul 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**2:40**	5.7	**4:45**	5.2	**9:29**	-0.6	**10:02**	2.7	5:51	8:35	
2	Sun	**3:32**	5.2	**5:31**	5.2	**10:15**	-0.1	**11:11**	2.6	5:52	8:35	
3	Mon	**4:31**	4.6	**6:15**	5.3	**11:02**	0.5			5:52	8:35	
4	Tue	**5:40**	4.1	**6:57**	5.3	**12:22**	2.3	**11:52 AM**	1.0	5:53	8:35	
5	Wed	**7:01**	3.8	**7:37**	5.5	**1:29**	1.9	**12:44**	1.5	5:54	8:35	
6	Thu	**8:28**	3.7	**8:15**	5.6	**2:27**	1.4	**1:36**	2.0	5:54	8:34	
7	Fri	**9:46**	3.8	**8:52**	5.8	**3:17**	1.0	**2:27**	2.4	5:55	8:34	
8	Sat	**10:48**	4.0	**9:29**	5.9	**4:00**	0.5	**3:16**	2.7	5:55	8:34	
9	Sun	**11:38**	4.2	**10:06**	6.1	**4:39**	0.2	**4:00**	2.9	5:56	8:33	
10	Mon			**12:22**	4.4	**5:15**	-0.1	**4:42**	3.0	5:57	8:33	
11	Tue			**1:01**	4.6	**5:49**	-0.4	**5:23**	3.1	5:57	8:33	
12	Wed			**1:38**	4.7	**6:23**	-0.6	**6:02**	3.1	5:58	8:32	
13	Thu	**12:01**	6.3	**2:14**	4.8	**6:58**	-0.7	**6:43**	3.0	5:59	8:32	
14	Fri	**12:41**	6.2	**2:50**	4.9	**7:34**	-0.8	**7:27**	2.9	5:59	8:31	
15	Sat	**1:23**	6.1	**3:27**	5.0	**8:12**	-0.7	**8:16**	2.8	6:00	8:31	
16	Sun	**2:09**	5.8	**4:06**	5.2	**8:52**	-0.5	**9:11**	2.6	6:01	8:30	
17	Mon	**3:00**	5.4	**4:46**	5.4	**9:35**	-0.2	**10:14**	2.3	6:02	8:29	
18	Tue	**3:59**	5.0	**5:29**	5.6	**10:21**	0.3	**11:25**	1.9	6:02	8:29	
19	Wed	**5:12**	4.5	**6:14**	5.9	**11:11**	0.9			6:03	8:28	
20	Thu	**6:40**	4.1	**7:03**	6.1	**12:39**	1.4	**12:08**	1.5	6:04	8:28	
21	Fri	**8:14**	4.0	**7:53**	6.4	**1:49**	0.8	**1:10**	2.0	6:05	8:27	
22	Sat	**9:38**	4.2	**8:45**	6.7	**2:51**	0.2	**2:13**	2.4	6:05	8:26	
23	Sun	**10:47**	4.5	**9:36**	6.8	**3:47**	-0.4	**3:15**	2.7	6:06	8:25	
24	Mon	**11:43**	4.8	**10:27**	6.9	**4:38**	-0.8	**4:13**	2.7	6:07	8:25	
25	Tue			**12:33**	5.0	**5:26**	-1.0	**5:07**	2.7	6:08	8:24	
26	Wed			**1:18**	5.2	**6:11**	-1.1	**5:59**	2.7	6:09	8:23	
27	Thu	**12:04**	6.7	**2:00**	5.3	**6:54**	-1.0	**6:50**	2.6	6:09	8:22	
28	Fri	**12:50**	6.5	**2:39**	5.3	**7:35**	-0.8	**7:40**	2.5	6:10	8:21	
29	Sat	**1:36**	6.1	**3:17**	5.3	**8:15**	-0.4	**8:31**	2.4	6:11	8:20	
30	Sun	**2:21**	5.6	**3:54**	5.3	**8:54**	0.0	**9:24**	2.3	6:12	8:19	
31	Mon	**3:09**	5.1	**4:31**	5.3	**9:33**	0.5	**10:22**	2.2	6:13	8:18	