US HARBORS www.USHarbors.com

Alcatraz Island, CA - Aug 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:03	4.6	5:08	5.3	10:15	1.1	11:25	2.1	6:14	8:17	
2	Wed	5:07	4.1	5:48	5.3	11:00	1.7			6:15	8:16	
3	Thu	6:30	3.8	6:30	5.4	12:32	1.8	11:52 AM	2.2	6:15	8:15	
4	Fri	8:05	3.7	7:16	5.5	1:37	1.5	12:52	2.6	6:16	8:14	
5	Sat	9:29	3.9	8:04	5.7	2:34	1.1	1:54	2.9	6:17	8:13	
6	Sun	10:29	4.2	8:50	5.9	3:23	0.7	2:50	3.1	6:18	8:12	
7	Mon	11:14	4.4	9:36	6.1	4:06	0.4	3:39	3.1	6:19	8:11	
8	Tue	11:52	4.6	10:20	6.2	4:44	0.0	4:23	3.0	6:20	8:10	
9	Wed			12:27	4.8	5:21	-0.3	5:04	2.9	6:21	8:09	
10	Thu			1:01	4.9	5:56	-0.5	5:44	2.7	6:21	8:08	
11	Fri			1:34	5.1	6:32	-0.6	6:25	2.5	6:22	8:06	
12	Sat	12:30	6.4	2:08	5.3	7:08	-0.6	7:10	2.2	6:23	8:05	
13	Sun	1:16	6.2	2:42	5.4	7:46	-0.4	7:58	2.0	6:24	8:04	
14	Mon	2:05	5.9	3:19	5.6	8:25	0.0	8:52	1.7	6:25	8:03	
15	Tue	2:59	5.4	3:58	5.8	9:07	0.5	9:52	1.4	6:26	8:01	
16	Wed	4:02	4.9	4:42	5.9	9:52	1.1	11:00	1.2	6:27	8:00	
17	Thu	5:19	4.5	5:31	6.1	10:45	1.8			6:27	7:59	
18	Fri	6:50	4.2	6:27	6.2	12:14	0.9	11:48 AM	2.3	6:28	7:57	
19	Sat	8:24	4.3	7:27	6.3	1:28	0.5	1:01	2.7	6:29	7:56	
20	Sun	9:40	4.5	8:27	6.4	2:35	0.1	2:14	2.9	6:30	7:55	
21	Mon	10:39	4.8	9:25	6.5	3:33	-0.3	3:18	2.8	6:31	7:53	
22	Tue	11:27	5.1	10:19	6.6	4:24	-0.5	4:15	2.6	6:32	7:52	
23	Wed			12:09	5.2	5:10	-0.6	5:05	2.4	6:33	7:51	
24	Thu			12:48	5.3	5:51	-0.5	5:52	2.2	6:33	7:49	
25	Fri			1:23	5.4	6:30	-0.3	6:36	2.0	6:34	7:48	
26	Sat	12:40	6.1	1:56	5.4	7:06	-0.1	7:19	1.9	6:35	7:46	
27	Sun	1:23	5.8	2:26	5.4	7:41	0.3	8:01	1.8	6:36	7:45	
28	Mon	2:07	5.4	2:56	5.4	8:16	0.7	8:45	1.7	6:37	7:43	
29	Tue	2:53	4.9	3:26	5.3	8:51	1.3	9:32	1.6	6:38	7:42	
30	Wed	3:44	4.5	3:59	5.3	9:28	1.8	10:25	1.6	6:38	7:41	
31	Thu	4:46	4.2	4:38	5.3	10:11	2.3	11:26	1.5	6:39	7:39	