US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jun 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			1:13	4.4	6:12	-0.4	5:45	2.6	5:48	8:26	
2	Sat			1:57	4.4	6:45	-0.6	6:22	2.9	5:48	8:27	
3	Sun	12:16	5.8	2:40	4.4	7:18	-0.6	6:59	3.1	5:48	8:27	
4	Mon	12:48	5.7	3:22	4.4	7:52	-0.6	7:39	3.2	5:48	8:28	
5	Tue	1:23	5.6	4:04	4.4	8:28	-0.6	8:22	3.3	5:47	8:29	
6	Wed	2:01	5.4	4:48	4.4	9:07	-0.5	9:13	3.3	5:47	8:29	
7	Thu	2:44	5.2	5:32	4.5	9:50	-0.3	10:15	3.3	5:47	8:30	
8	Fri	3:33	4.8	6:16	4.6	10:36	-0.1	11:28	3.1	5:47	8:30	
9	Sat	4:32	4.5	6:58	4.8	11:26	0.1			5:47	8:31	
10	Sun	5:44	4.2	7:37	5.1	12:39	2.6	12:18	0.4	5:47	8:31	
11	Mon	7:07	4.0	8:15	5.5	1:42	2.0	1:11	0.8	5:47	8:32	
12	Tue	8:30	4.0	8:52	5.9	2:36	1.3	2:02	1.2	5:47	8:32	
13	Wed	9:47	4.1	9:30	6.3	3:25	0.5	2:53	1.6	5:47	8:32	
14	Thu	10:56	4.4	10:10	6.6	4:13	-0.3	3:43	2.0	5:47	8:33	
15	Fri	11:59	4.6	10:53	6.9	5:01	-1.0	4:34	2.3	5:47	8:33	
16	Sat			12:57	4.8	5:49	-1.5	5:25	2.6	5:47	8:34	
17	Sun			1:52	5.0	6:38	-1.8	6:19	2.8	5:47	8:34	
18	Mon	12:28	7.0	2:45	5.1	7:27	-1.8	7:15	2.8	5:47	8:34	
19	Tue	1:19	6.8	3:37	5.1	8:18	-1.7	8:16	2.9	5:47	8:34	
20	Wed	2:12	6.4	4:29	5.2	9:09	-1.4	9:24	2.8	5:47	8:35	
21	Thu	3:09	5.9	5:20	5.3	10:01	-0.9	10:39	2.7	5:48	8:35	
22	Fri	4:11	5.2	6:11	5.4	10:54	-0.3	11:58	2.3	5:48	8:35	
23	Sat	5:21	4.6	7:00	5.5	11:48	0.2			5:48	8:35	
24	Sun	6:41	4.1	7:45	5.7	1:12	1.9	12:43	0.8	5:48	8:35	
25	Mon	8:06	3.9	8:26	5.8	2:18	1.4	1:36	1.4	5:49	8:35	
26	Tue	9:27	3.9	9:03	5.9	3:13	0.9	2:27	1.9	5:49	8:35	
27	Wed	10:36	4.0	9:38	6.0	4:01	0.4	3:15	2.3	5:50	8:35	
28	Thu	11:33	4.2	10:11	6.1	4:42	0.1	4:00	2.7	5:50	8:35	
29	Fri			12:23	4.4	5:19	-0.2	4:43	2.9	5:50	8:35	
30	Sat			1:06	4.5	5:53	-0.4	5:23	3.1	5:51	8:35	