US HARBORS www.USHarbors.com

Alcatraz Island, CA - Jul 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			1:45	4.6	6:26	-0.5	6:02	3.2	5:51	8:35	
2	Mon			2:21	4.6	6:59	-0.6	6:40	3.2	5:52	8:35	
3	Tue	12:29	6.0	2:56	4.7	7:32	-0.6	7:19	3.2	5:52	8:35	
4	Wed	1:06	5.9	3:30	4.7	8:06	-0.6	8:01	3.2	5:53	8:35	
5	Thu	1:45	5.7	4:06	4.8	8:41	-0.5	8:48	3.1	5:53	8:35	
6	Fri	2:26	5.4	4:42	4.9	9:19	-0.3	9:42	3.0	5:54	8:34	
7	Sat	3:14	5.0	5:20	5.1	9:59	0.0	10:45	2.7	5:55	8:34	
8	Sun	4:11	4.6	5:59	5.3	10:43	0.4	11:55	2.3	5:55	8:34	
9	Mon	5:23	4.2	6:40	5.6	11:31	0.9			5:56	8:33	
10	Tue	6:51	3.9	7:22	5.9	1:03	1.7	12:25	1.5	5:56	8:33	
11	Wed	8:25	3.9	8:07	6.3	2:06	0.9	1:23	2.0	5:57	8:33	
12	Thu	9:49	4.1	8:54	6.6	3:02	0.2	2:22	2.4	5:58	8:32	
13	Fri	10:58	4.4	9:43	6.9	3:56	-0.5	3:20	2.7	5:58	8:32	
14	Sat	11:56	4.7	10:34	7.1	4:46	-1.0	4:17	2.8	5:59	8:31	
15	Sun			12:48	5.0	5:36	-1.4	5:13	2.8	6:00	8:31	
16	Mon			1:36	5.1	6:25	-1.6	6:09	2.8	6:01	8:30	
17	Tue	12:17	7.1	2:22	5.3	7:12	-1.5	7:05	2.7	6:01	8:30	
18	Wed	1:08	6.8	3:07	5.4	7:59	-1.3	8:03	2.5	6:02	8:29	
19	Thu	2:01	6.4	3:50	5.4	8:45	-0.9	9:04	2.4	6:03	8:28	
20	Fri	2:55	5.8	4:34	5.5	9:30	-0.4	10:10	2.2	6:04	8:28	
21	Sat	3:53	5.1	5:18	5.6	10:17	0.3	11:20	2.0	6:04	8:27	
22	Sun	5:00	4.5	6:02	5.6	11:05	1.0			6:05	8:26	
23	Mon	6:20	4.0	6:47	5.7	12:32	1.7	11:58 AM	1.6	6:06	8:26	
24	Tue	7:53	3.8	7:31	5.7	1:40	1.3	12:55	2.2	6:07	8:25	
25	Wed	9:21	3.9	8:15	5.8	2:40	0.9	1:54	2.6	6:08	8:24	
26	Thu	10:29	4.2	8:57	5.9	3:31	0.6	2:50	2.9	6:08	8:23	
27	Fri	11:22	4.4	9:39	6.0	4:15	0.3	3:41	3.1	6:09	8:22	
28	Sat			12:05	4.6	4:54	0.0	4:27	3.1	6:10	8:21	
29	Sun			12:41	4.7	5:30	-0.2	5:08	3.1	6:11	8:20	
30	Mon			1:14	4.8	6:04	-0.3	5:45	3.1	6:12	8:20	
31	Tue			1:45	4.8	6:36	-0.4	6:22	3.0	6:13	8:19	