US HARBORS www.USHarbors.com

Alcatraz Island, CA - Aug 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:15	6.1	2:15	4.9	7:07	-0.4	6:59	2.8	6:13	8:18	
2	Thu	12:53	6.0	2:45	5.0	7:39	-0.4	7:39	2.7	6:14	8:17	
3	Fri	1:33	5.8	3:16	5.1	8:12	-0.2	8:23	2.5	6:15	8:16	
4	Sat	2:16	5.5	3:49	5.3	8:46	0.1	9:13	2.3	6:16	8:15	
5	Sun	3:05	5.1	4:24	5.4	9:24	0.6	10:11	2.0	6:17	8:13	
6	Mon	4:05	4.6	5:04	5.6	10:06	1.1	11:17	1.6	6:18	8:12	
7	Tue	5:21	4.2	5:48	5.9	10:54	1.7			6:19	8:11	
8	Wed	6:56	4.0	6:38	6.1	12:29	1.2	11:52 AM	2.3	6:19	8:10	
9	Thu	8:33	4.0	7:34	6.4	1:39	0.6	1:00	2.7	6:20	8:09	
10	Fri	9:52	4.3	8:31	6.6	2:43	0.0	2:10	2.9	6:21	8:08	
11	Sat	10:53	4.7	9:29	6.8	3:40	-0.5	3:15	3.0	6:22	8:07	
12	Sun	11:42	5.0	10:24	7.0	4:33	-0.9	4:14	2.8	6:23	8:05	
13	Mon			12:27	5.2	5:21	-1.1	5:09	2.6	6:24	8:04	
14	Tue			1:08	5.3	6:07	-1.1	6:02	2.3	6:25	8:03	
15	Wed	12:09	6.8	1:47	5.5	6:51	-0.9	6:53	2.1	6:25	8:02	
16	Thu	1:00	6.5	2:26	5.6	7:33	-0.6	7:45	1.9	6:26	8:00	
17	Fri	1:50	6.1	3:03	5.6	8:14	-0.1	8:38	1.7	6:27	7:59	
18	Sat	2:42	5.5	3:40	5.6	8:54	0.5	9:34	1.6	6:28	7:58	
19	Sun	3:38	4.9	4:18	5.6	9:36	1.1	10:35	1.6	6:29	7:56	
20	Mon	4:43	4.4	4:58	5.5	10:21	1.8	11:40	1.4	6:30	7:55	
21	Tue	6:04	4.1	5:42	5.5	11:15	2.4			6:31	7:54	
22	Wed	7:40	4.0	6:32	5.5	12:49	1.3	12:21	2.9	6:31	7:52	
23	Thu	9:08	4.1	7:26	5.5	1:55	1.0	1:32	3.2	6:32	7:51	
24	Fri	10:09	4.4	8:20	5.6	2:52	0.8	2:35	3.2	6:33	7:50	
25	Sat	10:54	4.6	9:10	5.7	3:40	0.5	3:28	3.1	6:34	7:48	
26	Sun	11:30	4.7	9:56	5.9	4:22	0.3	4:12	3.0	6:35	7:47	
27	Mon			12:01	4.8	4:59	0.1	4:50	2.8	6:36	7:45	
28	Tue			12:30	4.9	5:32	0.0	5:26	2.6	6:37	7:44	
29	Wed			12:57	5.0	6:04	-0.1	6:01	2.3	6:37	7:42	
30	Thu	12:01	6.0	1:25	5.2	6:35	-0.1	6:38	2.1	6:38	7:41	
31	Fri	12:43	5.9	1:54	5.3	7:06	0.1	7:17	1.8	6:39	7:39	