

Alcatraz Island, CA - Jul 2005

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			1:31	4.9	6:16	-1.2	5:52	3.0	5:51	8:35	
2	Sat			2:18	5.0	6:59	-1.2	6:43	3.1	5:52	8:35	
3	Sun	12:37	6.4	3:02	5.0	7:40	-1.1	7:34	3.1	5:52	8:35	
4	Mon	1:20	6.1	3:43	5.0	8:21	-0.8	8:25	3.1	5:53	8:35	
5	Tue	2:03	5.7	4:24	4.9	9:01	-0.5	9:20	3.0	5:53	8:35	
6	Wed	2:47	5.3	5:02	4.9	9:41	-0.1	10:20	2.9	5:54	8:34	
7	Thu	3:35	4.8	5:40	5.0	10:22	0.4	11:26	2.6	5:55	8:34	
8	Fri	4:32	4.3	6:17	5.1	11:04	0.9			5:55	8:34	
9	Sat	5:42	3.8	6:53	5.3	12:33	2.3	11:49 AM	1.4	5:56	8:34	
10	Sun	7:09	3.6	7:30	5.5	1:35	1.9	12:38	1.9	5:56	8:33	
11	Mon	8:42	3.6	8:08	5.7	2:30	1.4	1:30	2.4	5:57	8:33	
12	Tue	10:01	3.8	8:47	5.9	3:17	0.8	2:22	2.7	5:58	8:32	
13	Wed	11:03	4.0	9:27	6.1	4:00	0.3	3:12	3.0	5:58	8:32	
14	Thu	11:52	4.3	10:08	6.3	4:39	-0.1	3:59	3.2	5:59	8:31	
15	Fri			12:35	4.5	5:18	-0.5	4:44	3.2	6:00	8:31	
16	Sat			1:15	4.7	5:57	-0.9	5:29	3.2	6:01	8:30	
17	Sun			1:54	4.9	6:37	-1.1	6:15	3.1	6:01	8:30	
18	Mon	12:20	6.6	2:33	5.0	7:18	-1.2	7:04	2.9	6:02	8:29	
19	Tue	1:07	6.5	3:11	5.1	8:00	-1.1	7:56	2.7	6:03	8:29	
20	Wed	1:57	6.2	3:51	5.3	8:42	-0.9	8:55	2.5	6:04	8:28	
21	Thu	2:51	5.8	4:31	5.5	9:26	-0.4	10:01	2.2	6:04	8:27	
22	Fri	3:53	5.2	5:14	5.7	10:12	0.2	11:14	1.8	6:05	8:27	
23	Sat	5:06	4.6	6:00	6.0	11:02	0.9			6:06	8:26	
24	Sun	6:35	4.1	6:48	6.2	12:31	1.3	11:57 AM	1.6	6:07	8:25	
25	Mon	8:11	4.0	7:39	6.4	1:43	0.7	12:59	2.2	6:08	8:24	
26	Tue	9:38	4.2	8:30	6.6	2:48	0.2	2:04	2.7	6:08	8:23	
27	Wed	10:47	4.5	9:21	6.7	3:44	-0.3	3:06	2.9	6:09	8:23	
28	Thu	11:43	4.8	10:11	6.7	4:35	-0.6	4:04	3.0	6:10	8:22	
29	Fri			12:30	5.0	5:20	-0.7	4:57	3.0	6:11	8:21	
30	Sat			1:12	5.1	6:02	-0.8	5:46	2.9	6:12	8:20	
31	Sun			1:50	5.1	6:41	-0.7	6:31	2.8	6:13	8:19	