

Alcatraz Island, CA - Jul 2006

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:06	4.0	9:35	5.9	4:10	0.3	3:21	2.8	5:52	8:35	
2	Mon	11:58	4.2	10:10	6.1	4:48	0.0	4:05	3.1	5:52	8:35	
3	Tue			12:42	4.4	5:24	-0.3	4:47	3.3	5:53	8:35	
4	Wed			1:21	4.5	5:59	-0.5	5:27	3.3	5:53	8:35	
5	Thu			1:58	4.6	6:34	-0.7	6:06	3.4	5:54	8:35	
6	Fri	12:02	6.2	2:33	4.7	7:09	-0.8	6:46	3.3	5:54	8:34	
7	Sat	12:42	6.2	3:08	4.7	7:45	-0.9	7:29	3.2	5:55	8:34	
8	Sun	1:23	6.0	3:43	4.8	8:22	-0.8	8:17	3.1	5:56	8:34	
9	Mon	2:07	5.8	4:19	5.0	9:01	-0.7	9:12	2.9	5:56	8:33	
10	Tue	2:56	5.4	4:56	5.2	9:41	-0.3	10:16	2.6	5:57	8:33	
11	Wed	3:54	4.9	5:35	5.4	10:25	0.2	11:28	2.2	5:58	8:32	
12	Thu	5:06	4.4	6:16	5.7	11:12	0.8			5:58	8:32	
13	Fri	6:36	4.0	6:59	6.1	12:41	1.5	12:05	1.5	5:59	8:32	
14	Sat	8:14	3.9	7:46	6.4	1:50	0.8	1:03	2.1	6:00	8:31	
15	Sun	9:44	4.1	8:35	6.7	2:51	0.1	2:04	2.6	6:00	8:31	
16	Mon	10:55	4.4	9:26	6.9	3:47	-0.5	3:06	2.9	6:01	8:30	
17	Tue	11:54	4.7	10:17	7.0	4:39	-1.0	4:05	3.0	6:02	8:29	
18	Wed			12:44	4.9	5:29	-1.3	5:02	3.0	6:03	8:29	
19	Thu			1:30	5.1	6:16	-1.3	5:56	3.0	6:03	8:28	
20	Fri			2:13	5.2	7:01	-1.3	6:50	2.8	6:04	8:27	
21	Sat	12:47	6.6	2:54	5.2	7:44	-1.1	7:43	2.7	6:05	8:27	
22	Sun	1:35	6.2	3:33	5.2	8:25	-0.7	8:37	2.6	6:06	8:26	
23	Mon	2:23	5.7	4:11	5.3	9:05	-0.2	9:35	2.4	6:07	8:25	
24	Tue	3:13	5.1	4:48	5.3	9:45	0.3	10:36	2.3	6:07	8:24	
25	Wed	4:09	4.5	5:25	5.3	10:25	1.0	11:43	2.0	6:08	8:24	
26	Thu	5:17	4.0	6:03	5.4	11:09	1.7			6:09	8:23	
27	Fri	6:46	3.7	6:43	5.5	12:50	1.7	11:59 AM	2.3	6:10	8:22	
28	Sat	8:31	3.7	7:26	5.6	1:52	1.3	12:57	2.8	6:11	8:21	
29	Sun	9:57	3.9	8:11	5.7	2:48	0.9	2:00	3.1	6:12	8:20	
30	Mon	10:56	4.2	8:56	5.9	3:36	0.5	2:57	3.3	6:12	8:19	
31	Tue	11:40	4.4	9:41	6.1	4:19	0.2	3:47	3.4	6:13	8:18	