

Alcatraz Island, CA - Jul 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:12	4.5	6:04	5.2	10:49	0.4			5:52	8:35	
2	Tue	5:24	4.0	6:41	5.5	12:04	2.3	11:35 AM	1.0	5:52	8:35	
3	Wed	6:55	3.8	7:20	5.8	1:10	1.7	12:25	1.5	5:53	8:35	
4	Thu	8:33	3.7	8:01	6.2	2:11	0.9	1:20	2.1	5:53	8:35	
5	Fri	9:59	4.0	8:46	6.6	3:06	0.2	2:17	2.6	5:54	8:35	
6	Sat	11:09	4.3	9:34	6.9	3:58	-0.6	3:15	2.9	5:54	8:34	
7	Sun			12:08	4.6	4:48	-1.2	4:12	3.1	5:55	8:34	
8	Mon			1:00	4.8	5:39	-1.5	5:09	3.1	5:56	8:34	
9	Tue			1:47	5.0	6:28	-1.7	6:05	3.0	5:56	8:33	
10	Wed	12:11	7.2	2:32	5.1	7:17	-1.7	7:03	2.9	5:57	8:33	
11	Thu	1:04	6.9	3:16	5.2	8:04	-1.5	8:03	2.7	5:57	8:33	
12	Fri	1:58	6.4	4:00	5.4	8:51	-1.1	9:06	2.5	5:58	8:32	
13	Sat	2:54	5.8	4:43	5.5	9:36	-0.5	10:15	2.3	5:59	8:32	
14	Sun	3:53	5.1	5:26	5.6	10:21	0.2	11:27	2.0	6:00	8:31	
15	Mon	5:02	4.4	6:09	5.7	11:08	0.9			6:00	8:31	
16	Tue	6:26	3.9	6:52	5.8	12:40	1.6	11:59 AM	1.6	6:01	8:30	
17	Wed	8:05	3.7	7:35	5.9	1:48	1.1	12:55	2.3	6:02	8:30	
18	Thu	9:37	3.9	8:18	5.9	2:47	0.7	1:54	2.8	6:02	8:29	
19	Fri	10:47	4.2	9:00	6.0	3:38	0.3	2:52	3.2	6:03	8:28	
20	Sat	11:41	4.4	9:42	6.1	4:23	0.0	3:45	3.3	6:04	8:28	
21	Sun			12:23	4.6	5:03	-0.2	4:32	3.4	6:05	8:27	
22	Mon			1:00	4.7	5:39	-0.3	5:14	3.4	6:06	8:26	
23	Tue			1:32	4.7	6:14	-0.4	5:51	3.3	6:06	8:25	
24	Wed			2:01	4.7	6:46	-0.5	6:28	3.2	6:07	8:25	
25	Thu	12:18	6.1	2:29	4.8	7:18	-0.5	7:04	3.0	6:08	8:24	
26	Fri	12:56	6.0	2:57	4.9	7:48	-0.4	7:44	2.9	6:09	8:23	
27	Sat	1:34	5.7	3:26	5.0	8:20	-0.3	8:28	2.7	6:10	8:22	
28	Sun	2:16	5.4	3:55	5.2	8:52	0.1	9:18	2.4	6:10	8:21	
29	Mon	3:04	4.9	4:27	5.4	9:27	0.5	10:15	2.1	6:11	8:20	
30	Tue	4:02	4.5	5:02	5.6	10:05	1.1	11:21	1.7	6:12	8:19	
31	Wed	5:20	4.0	5:43	5.9	10:49	1.8			6:13	8:18	