

Alcatraz Island, CA - Jul 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:16	6.8	3:38	5.1	8:20	-1.6	8:16	2.8	5:51	8:35	
2	Wed	2:11	6.4	4:22	5.2	9:07	-1.2	9:23	2.6	5:52	8:35	
3	Thu	3:10	5.8	5:06	5.5	9:55	-0.7	10:37	2.3	5:53	8:35	
4	Fri	4:15	5.1	5:50	5.7	10:43	0.0	11:55	1.8	5:53	8:35	
5	Sat	5:31	4.4	6:35	5.9	11:33	0.7			5:54	8:35	
6	Sun	7:01	3.9	7:20	6.1	1:09	1.2	12:26	1.5	5:54	8:34	
7	Mon	8:38	3.8	8:05	6.3	2:17	0.7	1:22	2.2	5:55	8:34	
8	Tue	10:04	4.0	8:49	6.3	3:15	0.2	2:21	2.7	5:55	8:34	
9	Wed	11:12	4.3	9:32	6.4	4:06	-0.2	3:19	3.1	5:56	8:33	
10	Thu			12:06	4.5	4:51	-0.5	4:12	3.3	5:57	8:33	
11	Fri			12:52	4.7	5:32	-0.6	5:01	3.4	5:57	8:33	
12	Sat			1:32	4.7	6:09	-0.6	5:44	3.4	5:58	8:32	
13	Sun			2:07	4.7	6:45	-0.6	6:25	3.3	5:59	8:32	
14	Mon	12:11	6.1	2:38	4.7	7:18	-0.6	7:04	3.2	5:59	8:31	
15	Tue	12:49	5.9	3:08	4.7	7:51	-0.5	7:43	3.1	6:00	8:31	
16	Wed	1:26	5.7	3:35	4.8	8:22	-0.3	8:25	3.0	6:01	8:30	
17	Thu	2:04	5.4	4:03	4.9	8:53	0.0	9:12	2.8	6:02	8:30	
18	Fri	2:46	5.0	4:32	5.0	9:25	0.3	10:06	2.6	6:02	8:29	
19	Sat	3:34	4.5	5:03	5.2	9:58	0.8	11:07	2.3	6:03	8:28	
20	Sun	4:35	4.0	5:37	5.4	10:35	1.4			6:04	8:28	
21	Mon	5:58	3.7	6:15	5.7	12:12	1.9	11:19 AM	2.0	6:05	8:27	
22	Tue	7:44	3.5	6:59	5.9	1:17	1.3	12:12	2.6	6:05	8:26	
23	Wed	9:24	3.8	7:47	6.2	2:17	0.7	1:15	3.0	6:06	8:26	
24	Thu	10:38	4.1	8:40	6.5	3:12	0.1	2:21	3.3	6:07	8:25	
25	Fri	11:32	4.4	9:34	6.8	4:04	-0.5	3:23	3.4	6:08	8:24	
26	Sat			12:17	4.7	4:53	-1.0	4:20	3.3	6:09	8:23	
27	Sun			12:58	4.9	5:41	-1.4	5:15	3.0	6:09	8:22	
28	Mon			1:38	5.1	6:28	-1.5	6:10	2.7	6:10	8:21	
29	Tue	12:16	7.1	2:17	5.3	7:13	-1.4	7:06	2.4	6:11	8:20	
30	Wed	1:10	6.8	2:55	5.5	7:56	-1.1	8:04	2.1	6:12	8:20	
31	Thu	2:06	6.3	3:34	5.7	8:39	-0.6	9:06	1.8	6:13	8:19	