

Alcatraz Island, CA - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed			1:07	4.7	5:47	-1.1	5:16	3.3	5:51	8:35	
2	Thu			1:52	4.8	6:29	-1.1	6:06	3.3	5:52	8:35	
3	Fri	12:00	6.4	2:33	4.8	7:10	-1.0	6:54	3.2	5:52	8:35	
4	Sat	12:42	6.2	3:10	4.8	7:48	-0.9	7:41	3.2	5:53	8:35	
5	Sun	1:23	5.9	3:45	4.8	8:25	-0.6	8:29	3.1	5:53	8:35	
6	Mon	2:05	5.5	4:18	4.8	9:01	-0.3	9:21	2.9	5:54	8:34	
7	Tue	2:47	5.0	4:49	4.9	9:36	0.1	10:19	2.7	5:55	8:34	
8	Wed	3:35	4.5	5:20	5.0	10:11	0.6	11:23	2.5	5:55	8:34	
9	Thu	4:33	4.0	5:53	5.2	10:48	1.2			5:56	8:34	
10	Fri	5:49	3.6	6:28	5.4	12:29	2.1	11:29 AM	1.8	5:56	8:33	
11	Sat	7:28	3.4	7:05	5.6	1:31	1.6	12:16	2.4	5:57	8:33	
12	Sun	9:11	3.5	7:47	5.8	2:26	1.1	1:12	2.8	5:58	8:32	
13	Mon	10:30	3.8	8:31	6.0	3:15	0.6	2:11	3.2	5:59	8:32	
14	Tue	11:26	4.1	9:17	6.3	3:59	0.0	3:07	3.4	5:59	8:31	
15	Wed			12:10	4.4	4:42	-0.4	3:59	3.4	6:00	8:31	
16	Thu			12:50	4.6	5:24	-0.9	4:49	3.4	6:01	8:30	
17	Fri			1:27	4.8	6:06	-1.2	5:37	3.2	6:01	8:30	
18	Sat			2:04	4.9	6:48	-1.3	6:27	3.0	6:02	8:29	
19	Sun	12:30	6.8	2:40	5.1	7:29	-1.3	7:20	2.7	6:03	8:29	
20	Mon	1:21	6.5	3:17	5.3	8:10	-1.1	8:17	2.4	6:04	8:28	
21	Tue	2:14	6.1	3:54	5.5	8:51	-0.7	9:19	2.0	6:04	8:27	
22	Wed	3:13	5.5	4:33	5.8	9:33	0.0	10:28	1.6	6:05	8:26	
23	Thu	4:21	4.8	5:15	6.0	10:17	0.8	11:42	1.2	6:06	8:26	
24	Fri	5:43	4.2	6:01	6.2	11:06	1.6			6:07	8:25	
25	Sat	7:23	3.9	6:50	6.4	12:57	0.7	12:04	2.3	6:08	8:24	
26	Sun	9:04	4.0	7:44	6.5	2:07	0.3	1:11	2.9	6:08	8:23	
27	Mon	10:23	4.3	8:39	6.5	3:09	-0.1	2:22	3.2	6:09	8:22	
28	Tue	11:21	4.6	9:32	6.5	4:04	-0.4	3:27	3.3	6:10	8:22	
29	Wed			12:08	4.8	4:52	-0.6	4:24	3.3	6:11	8:21	
30	Thu			12:48	4.9	5:35	-0.7	5:13	3.2	6:12	8:20	
31	Fri			1:24	5.0	6:13	-0.6	5:58	3.0	6:13	8:19	