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# Alcatraz Island, CA - May 1790

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | **12:30** | 6.4 | **2:20** | 4.9 | **7:14** | -1.3 | **7:13** | 2.3 | 5:19 | 7:07 | |
| 2 | Sun | **1:18** | 6.1 | **3:18** | 4.8 | **8:05** | -1.1 | **8:14** | 2.5 | 5:18 | 7:08 | |
| 3 | Mon | **2:09** | 5.7 | **4:19** | 4.7 | **9:00** | -0.7 | **9:26** | 2.6 | 5:17 | 7:09 | |
| 4 | Tue | **3:06** | 5.2 | **5:21** | 4.7 | **9:57** | -0.3 | **10:45** | 2.5 | 5:16 | 7:09 | |
| 5 | Wed | **4:11** | 4.7 | **6:19** | 4.8 | **10:58** | 0.1 | | | 5:15 | 7:10 | |
| 6 | Thu | **5:23** | 4.3 | **7:09** | 4.9 | **12:02** | 2.3 | **11:57 AM** | 0.4 | 5:14 | 7:11 | |
| 7 | Fri | **6:39** | 4.1 | **7:52** | 5.1 | **1:08** | 1.9 | **12:52** | 0.7 | 5:13 | 7:12 | |
| 8 | Sat | **7:51** | 4.0 | **8:27** | 5.2 | **2:03** | 1.4 | **1:41** | 1.0 | 5:12 | 7:13 | |
| 9 | Sun | **8:53** | 4.1 | **8:58** | 5.4 | **2:49** | 1.0 | **2:24** | 1.3 | 5:11 | 7:14 | |
| 10 | Mon | **9:47** | 4.2 | **9:27** | 5.5 | **3:29** | 0.5 | **3:03** | 1.6 | 5:10 | 7:15 | |
| 11 | Tue | **10:36** | 4.2 | **9:55** | 5.6 | **4:05** | 0.2 | **3:40** | 1.8 | 5:09 | 7:16 | |
| 12 | Wed | **11:21** | 4.3 | **10:24** | 5.7 | **4:38** | -0.1 | **4:15** | 2.1 | 5:08 | 7:17 | |
| 13 | Thu | | | **12:03** | 4.4 | **5:10** | -0.3 | **4:50** | 2.3 | 5:07 | 7:17 | |
| 14 | Fri | | | **12:45** | 4.4 | **5:42** | -0.5 | **5:25** | 2.5 | 5:06 | 7:18 | |
| 15 | Sat | | | **1:27** | 4.4 | **6:15** | -0.6 | **6:02** | 2.6 | 5:05 | 7:19 | |
| 16 | Sun | **12:03** | 5.7 | **2:10** | 4.4 | **6:51** | -0.7 | **6:43** | 2.7 | 5:04 | 7:20 | |
| 17 | Mon | **12:41** | 5.6 | **2:55** | 4.5 | **7:30** | -0.7 | **7:30** | 2.8 | 5:04 | 7:21 | |
| 18 | Tue | **1:23** | 5.4 | **3:43** | 4.5 | **8:14** | -0.6 | **8:26** | 2.8 | 5:03 | 7:22 | |
| 19 | Wed | **2:12** | 5.2 | **4:32** | 4.6 | **9:02** | -0.4 | **9:34** | 2.7 | 5:02 | 7:23 | |
| 20 | Thu | **3:10** | 4.8 | **5:22** | 4.8 | **9:55** | -0.2 | **10:51** | 2.4 | 5:01 | 7:23 | |
| 21 | Fri | **4:21** | 4.5 | **6:10** | 5.1 | **10:51** | 0.1 | | | 5:01 | 7:24 | |
| 22 | Sat | **5:42** | 4.3 | **6:55** | 5.4 | **12:05** | 1.9 | **11:49 AM** | 0.5 | 5:00 | 7:25 | |
| 23 | Sun | **7:06** | 4.2 | **7:39** | 5.8 | **1:09** | 1.2 | **12:47** | 0.8 | 4:59 | 7:26 | |
| 24 | Mon | **8:23** | 4.3 | **8:23** | 6.2 | **2:06** | 0.4 | **1:42** | 1.2 | 4:59 | 7:27 | |
| 25 | Tue | **9:32** | 4.5 | **9:06** | 6.5 | **2:58** | -0.3 | **2:34** | 1.5 | 4:58 | 7:27 | |
| 26 | Wed | **10:35** | 4.7 | **9:50** | 6.7 | **3:48** | -0.9 | **3:26** | 1.8 | 4:58 | 7:28 | |
| 27 | Thu | **11:32** | 4.8 | **10:35** | 6.8 | **4:35** | -1.3 | **4:17** | 2.0 | 4:57 | 7:29 | |
| 28 | Fri | | | **12:26** | 4.9 | **5:23** | -1.5 | **5:09** | 2.2 | 4:57 | 7:30 | |
| 29 | Sat | | | **1:18** | 5.0 | **6:09** | -1.5 | **6:02** | 2.4 | 4:56 | 7:30 | |
| 30 | Sun | **12:07** | 6.4 | **2:08** | 5.0 | **6:56** | -1.4 | **6:58** | 2.5 | 4:56 | 7:31 | |
| 31 | Mon | **12:54** | 6.1 | **2:58** | 5.0 | **7:43** | -1.1 | **7:58** | 2.6 | 4:55 | 7:32 | |