

Alcatraz Island, CA - May 1993

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:09	4.5	9:08	5.5	2:18	1.5	2:13	0.4	6:13	8:00	
2	Sun	9:23	4.6	9:47	5.9	3:15	0.8	3:05	0.7	6:12	8:01	
3	Mon	10:31	4.7	10:26	6.2	4:06	0.0	3:54	1.0	6:10	8:02	
4	Tue	11:33	4.8	11:06	6.5	4:55	-0.7	4:41	1.4	6:09	8:02	
5	Wed			12:32	4.9	5:43	-1.1	5:28	1.7	6:08	8:03	
6	Thu			1:28	4.9	6:30	-1.4	6:16	2.1	6:07	8:04	
7	Fri	12:29	6.6	2:22	4.9	7:16	-1.5	7:06	2.3	6:06	8:05	
8	Sat	1:13	6.4	3:17	4.8	8:04	-1.3	7:59	2.6	6:05	8:06	
9	Sun	1:58	6.0	4:12	4.7	8:52	-1.1	8:58	2.7	6:04	8:07	
10	Mon	2:46	5.6	5:07	4.6	9:42	-0.7	10:05	2.8	6:03	8:08	
11	Tue	3:38	5.1	6:03	4.6	10:35	-0.3	11:21	2.7	6:02	8:09	
12	Wed	4:37	4.6	6:56	4.7	11:29	0.1			6:01	8:10	
13	Thu	5:45	4.2	7:43	4.8	12:36	2.5	12:25	0.5	6:00	8:11	
14	Fri	7:01	3.9	8:22	4.9	1:43	2.1	1:18	0.9	6:00	8:11	
15	Sat	8:18	3.8	8:55	5.1	2:39	1.6	2:07	1.2	5:59	8:12	
16	Sun	9:27	3.8	9:26	5.3	3:26	1.1	2:51	1.5	5:58	8:13	
17	Mon	10:27	3.9	9:56	5.5	4:07	0.6	3:32	1.8	5:57	8:14	
18	Tue	11:19	4.1	10:26	5.7	4:44	0.2	4:11	2.1	5:56	8:15	
19	Wed			12:07	4.2	5:18	-0.2	4:48	2.3	5:56	8:16	
20	Thu			12:52	4.3	5:51	-0.5	5:25	2.5	5:55	8:17	
21	Fri			1:35	4.4	6:25	-0.7	6:02	2.7	5:54	8:17	
22	Sat	12:06	6.0	2:18	4.5	7:01	-0.9	6:42	2.8	5:53	8:18	
23	Sun	12:44	6.0	3:02	4.5	7:39	-1.0	7:26	2.9	5:53	8:19	
24	Mon	1:25	5.9	3:47	4.6	8:21	-1.0	8:16	2.9	5:52	8:20	
25	Tue	2:11	5.7	4:34	4.6	9:05	-0.9	9:15	2.8	5:52	8:21	
26	Wed	3:02	5.4	5:21	4.8	9:53	-0.7	10:25	2.6	5:51	8:21	
27	Thu	4:02	5.0	6:08	5.0	10:45	-0.3	11:42	2.3	5:51	8:22	
28	Fri	5:14	4.5	6:55	5.3	11:40	0.1			5:50	8:23	
29	Sat	6:38	4.2	7:41	5.7	12:58	1.7	12:36	0.6	5:50	8:23	
30	Sun	8:05	4.0	8:25	6.0	2:05	1.0	1:33	1.1	5:49	8:24	
31	Mon	9:26	4.1	9:09	6.3	3:04	0.2	2:29	1.5	5:49	8:25	