US HARBORS www.USHarbors.com

Alcatraz Island, CA - May 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	11:30	4.6	11:16	5.8	5:04	0.2	4:51	1.3	6:12	8:00	
2	Thu			12:20	4.7	5:41	-0.3	5:29	1.5	6:11	8:01	
3	Fri			1:10	4.8	6:20	-0.7	6:10	1.8	6:10	8:02	
4	Sat	12:27	6.1	2:00	4.8	7:02	-1.0	6:53	2.0	6:09	8:03	
5	Sun	1:07	6.2	2:53	4.8	7:46	-1.2	7:40	2.3	6:08	8:04	
6	Mon	1:51	6.1	3:48	4.7	8:35	-1.2	8:34	2.4	6:07	8:05	
7	Tue	2:41	5.9	4:47	4.7	9:28	-1.0	9:39	2.6	6:06	8:05	
8	Wed	3:37	5.6	5:48	4.8	10:25	-0.8	10:57	2.5	6:05	8:06	
9	Thu	4:43	5.2	6:48	4.9	11:27	-0.4			6:04	8:07	
10	Fri	5:59	4.8	7:44	5.2	12:21	2.3	12:30	-0.1	6:03	8:08	
11	Sat	7:19	4.5	8:33	5.5	1:38	1.8	1:32	0.2	6:02	8:09	
12	Sun	8:37	4.4	9:18	5.8	2:43	1.2	2:28	0.6	6:01	8:10	
13	Mon	9:47	4.5	9:59	6.0	3:38	0.6	3:19	0.9	6:00	8:11	
14	Tue	10:50	4.6	10:37	6.1	4:27	0.1	4:06	1.2	5:59	8:12	
15	Wed	11:46	4.6	11:13	6.1	5:11	-0.3	4:51	1.6	5:58	8:13	
16	Thu			12:38	4.7	5:52	-0.6	5:34	1.9	5:58	8:13	
17	Fri			1:27	4.7	6:30	-0.7	6:16	2.2	5:57	8:14	
18	Sat	12:22	6.0	2:13	4.7	7:08	-0.7	6:58	2.4	5:56	8:15	
19	Sun	12:56	5.8	2:58	4.6	7:45	-0.7	7:41	2.6	5:55	8:16	
20	Mon	1:31	5.6	3:42	4.5	8:22	-0.5	8:27	2.8	5:55	8:17	
21	Tue	2:08	5.3	4:27	4.5	9:01	-0.3	9:19	2.9	5:54	8:18	
22	Wed	2:49	5.0	5:13	4.5	9:43	-0.1	10:20	2.9	5:53	8:18	
23	Thu	3:36	4.7	6:00	4.5	10:28	0.2	11:29	2.8	5:53	8:19	
24	Fri	4:32	4.3	6:45	4.6	11:17	0.5			5:52	8:20	
25	Sat	5:38	4.0	7:27	4.8	12:39	2.5	12:10	0.7	5:52	8:21	
26	Sun	6:54	3.8	8:07	5.1	1:41	2.1	1:02	1.0	5:51	8:22	
27	Mon	8:11	3.8	8:44	5.4	2:32	1.6	1:53	1.3	5:50	8:22	
28	Tue	9:21	3.9	9:20	5.7	3:17	1.0	2:40	1.5	5:50	8:23	
29	Wed	10:23	4.1	9:57	6.0	3:58	0.4	3:26	1.7	5:50	8:24	
30	Thu	11:20	4.3	10:35	6.2	4:38	-0.2	4:12	1.9	5:49	8:24	
31	Fri			12:13	4.6	5:19	-0.7	4:57	2.1	5:49	8:25	