US HARBORS www.USHarbors.com

Alcatraz Island, CA - May 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	**7:26**	4.7	**8:53**	5.2	**1:42**	2.1	**1:48**	0.0	6:13	8:00	
2	Fri	**8:41**	4.7	**9:36**	5.6	**2:45**	1.4	**2:44**	0.2	6:12	8:01	
3	Sat	**9:50**	4.8	**10:17**	5.9	**3:40**	0.7	**3:35**	0.4	6:10	8:02	
4	Sun	**10:53**	4.9	**10:56**	6.2	**4:30**	0.1	**4:23**	0.7	6:09	8:02	
5	Mon	**11:51**	5.0	**11:35**	6.3	**5:18**	-0.5	**5:09**	1.0	6:08	8:03	
6	Tue			**12:47**	5.0	**6:03**	-0.8	**5:55**	1.4	6:07	8:04	
7	Wed	**12:14**	6.3	**1:41**	5.0	**6:48**	-1.0	**6:41**	1.8	6:06	8:05	
8	Thu	**12:53**	6.2	**2:34**	4.9	**7:32**	-1.0	**7:29**	2.1	6:05	8:06	
9	Fri	**1:33**	6.0	**3:27**	4.8	**8:17**	-0.9	**8:20**	2.4	6:04	8:07	
10	Sat	**2:14**	5.7	**4:22**	4.7	**9:03**	-0.7	**9:16**	2.6	6:03	8:08	
11	Sun	**2:58**	5.3	**5:18**	4.6	**9:51**	-0.4	**10:21**	2.8	6:02	8:09	
12	Mon	**3:47**	4.9	**6:15**	4.6	**10:43**	0.0	**11:35**	2.7	6:01	8:10	
13	Tue	**4:44**	4.5	**7:10**	4.6	**11:39**	0.3			6:00	8:11	
14	Wed	**5:51**	4.1	**7:57**	4.7	**12:48**	2.5	**12:36**	0.6	6:00	8:11	
15	Thu	**7:04**	3.9	**8:37**	4.9	**1:52**	2.2	**1:30**	0.8	5:59	8:12	
16	Fri	**8:17**	3.9	**9:11**	5.1	**2:45**	1.7	**2:19**	1.0	5:58	8:13	
17	Sat	**9:22**	3.9	**9:42**	5.3	**3:31**	1.3	**3:02**	1.3	5:57	8:14	
18	Sun	**10:19**	4.1	**10:13**	5.5	**4:10**	0.8	**3:42**	1.5	5:56	8:15	
19	Mon	**11:10**	4.2	**10:44**	5.7	**4:46**	0.4	**4:20**	1.7	5:56	8:16	
20	Tue	**11:58**	4.3	**11:16**	5.9	**5:20**	0.0	**4:57**	1.9	5:55	8:17	
21	Wed			**12:45**	4.5	**5:55**	-0.4	**5:35**	2.1	5:54	8:17	
22	Thu			**1:31**	4.6	**6:31**	-0.7	**6:14**	2.3	5:53	8:18	
23	Fri	**12:26**	6.1	**2:17**	4.6	**7:09**	-1.0	**6:56**	2.5	5:53	8:19	
24	Sat	**1:05**	6.0	**3:05**	4.7	**7:50**	-1.1	**7:43**	2.6	5:52	8:20	
25	Sun	**1:48**	5.9	**3:55**	4.7	**8:35**	-1.1	**8:37**	2.7	5:52	8:21	
26	Mon	**2:36**	5.7	**4:48**	4.8	**9:24**	-0.9	**9:41**	2.7	5:51	8:21	
27	Tue	**3:32**	5.4	**5:41**	4.9	**10:17**	-0.7	**10:56**	2.6	5:51	8:22	
28	Wed	**4:37**	5.0	**6:35**	5.1	**11:14**	-0.3			5:50	8:23	
29	Thu	**5:53**	4.6	**7:26**	5.4	**12:18**	2.2	**12:14**	0.1	5:50	8:24	
30	Fri	**7:16**	4.3	**8:15**	5.7	**1:32**	1.6	**1:14**	0.4	5:49	8:24	
31	Sat	**8:37**	4.3	**9:00**	6.0	**2:36**	1.0	**2:11**	0.8	5:49	8:25	