

































## Alcatraz Island, CA - May 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:42	4.7	11:00	5.6	4:33	0.9	4:26	0.7	6:12	8:00	
2	Tue	11:35	4.8	11:31	5.9	5:11	0.3	5:04	0.9	6:11	8:01	
3	Wed			12:29	4.9	5:50	-0.3	5:44	1.3	6:10	8:02	
4	Thu	12:05	6.1	1:23	4.9	6:33	-0.8	6:26	1.7	6:09	8:03	
5	Fri	12:42	6.3	2:19	4.9	7:18	-1.1	7:10	2.0	6:08	8:04	
6	Sat	1:22	6.3	3:17	4.8	8:06	-1.3	8:00	2.4	6:07	8:05	
7	Sun	2:07	6.2	4:20	4.7	8:58	-1.3	8:57	2.7	6:06	8:05	
8	Mon	2:58	6.0	5:26	4.7	9:56	-1.1	10:08	2.9	6:05	8:06	
9	Tue	3:57	5.6	6:32	4.8	10:59	-0.8	11:33	2.8	6:04	8:07	
10	Wed	5:07	5.2	7:33	5.0			12:05	-0.5	6:03	8:08	
11	Thu	6:25	4.8	8:26	5.2	12:58	2.5	1:10	-0.2	6:02	8:09	
12	Fri	7:45	4.6	9:12	5.5	2:11	1.9	2:09	0.1	6:01	8:10	
13	Sat	8:59	4.5	9:52	5.7	3:11	1.3	3:00	0.4	6:00	8:11	
14	Sun	10:06	4.5	10:28	5.8	4:02	0.8	3:46	0.8	5:59	8:12	
15	Mon	11:05	4.5	11:01	5.9	4:48	0.3	4:28	1.2	5:58	8:13	
16	Tue	11:59	4.5	11:32	5.9	5:28	-0.1	5:08	1.6	5:58	8:13	
17	Wed			12:50	4.5	6:06	-0.4	5:46	2.0	5:57	8:14	
18	Thu	12:01	5.9	1:38	4.5	6:42	-0.5	6:24	2.3	5:56	8:15	
19	Fri	12:30	5.8	2:24	4.5	7:17	-0.6	7:02	2.6	5:55	8:16	
20	Sat	1:00	5.7	3:10	4.4	7:52	-0.6	7:42	2.9	5:55	8:17	
21	Sun	1:32	5.5	3:56	4.4	8:29	-0.5	8:25	3.1	5:54	8:18	
22	Mon	2:07	5.3	4:44	4.3	9:09	-0.4	9:16	3.2	5:53	8:18	
23	Tue	2:48	5.0	5:34	4.3	9:53	-0.2	10:19	3.2	5:53	8:19	
24	Wed	3:36	4.7	6:24	4.4	10:41	0.0	11:35	3.1	5:52	8:20	
25	Thu	4:33	4.4	7:11	4.6	11:34	0.2			5:52	8:21	
26	Fri	5:41	4.2	7:51	4.8	12:49	2.8	12:28	0.4	5:51	8:22	
27	Sat	6:58	4.0	8:28	5.1	1:50	2.4	1:20	0.6	5:50	8:22	
28	Sun	8:14	4.0	9:03	5.4	2:40	1.8	2:09	0.8	5:50	8:23	
29	Mon	9:25	4.1	9:37	5.7	3:24	1.1	2:56	1.1	5:50	8:24	
30	Tue	10:29	4.3	10:12	6.1	4:06	0.4	3:41	1.4	5:49	8:24	
31	Wed	11:30	4.5	10:49	6.4	4:48	-0.3	4:27	1.7	5:49	8:25	