US HARBORS www.USHarbors.com

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	