





























Alcatraz Island, CA - May 2001

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:31	4.9	8:48	5.0	1:02	2.8	1:25	-0.4	6:13	8:00	
2	Wed	7:51	4.9	9:30	5.3	2:15	2.2	2:24	-0.2	6:11	8:01	
3	Thu	9:05	4.9	10:09	5.6	3:14	1.5	3:16	0.0	6:10	8:02	
4	Fri	10:12	4.9	10:45	5.9	4:07	0.8	4:02	0.3	6:09	8:03	
5	Sat	11:13	4.9	11:20	6.1	4:54	0.1	4:46	0.7	6:08	8:03	
6	Sun			12:10	4.9	5:39	-0.4	5:28	1.2	6:07	8:04	
7	Mon			1:05	4.8	6:23	-0.7	6:10	1.7	6:06	8:05	
8	Tue	12:27	6.2	1:59	4.7	7:05	-0.9	6:52	2.1	6:05	8:06	
9	Wed	1:01	6.0	2:53	4.6	7:46	-0.9	7:36	2.5	6:04	8:07	
10	Thu	1:36	5.8	3:48	4.5	8:29	-0.8	8:23	2.9	6:03	8:08	
11	Fri	2:12	5.5	4:46	4.4	9:13	-0.6	9:18	3.1	6:02	8:09	
12	Sat	2:53	5.2	5:47	4.4	10:01	-0.3	10:27	3.3	6:01	8:10	
13	Sun	3:41	4.8	6:47	4.4	10:54	0.0	11:47	3.2	6:00	8:11	
14	Mon	4:39	4.5	7:39	4.5	11:52	0.2			5:59	8:11	
15	Tue	5:48	4.2	8:21	4.6	1:02	2.9	12:49	0.4	5:59	8:12	
16	Wed	7:02	4.0	8:55	4.8	2:04	2.5	1:41	0.6	5:58	8:13	
17	Thu	8:14	4.0	9:24	5.0	2:54	2.0	2:28	0.8	5:57	8:14	
18	Fri	9:19	4.0	9:52	5.3	3:37	1.5	3:09	1.0	5:56	8:15	
19	Sat	10:18	4.1	10:20	5.5	4:14	0.9	3:47	1.2	5:56	8:16	
20	Sun	11:12	4.3	10:49	5.8	4:49	0.4	4:24	1.5	5:55	8:17	
21	Mon			12:04	4.4	5:24	-0.1	5:01	1.9	5:54	8:17	
22	Tue			12:56	4.5	6:01	-0.6	5:40	2.2	5:53	8:18	
23	Wed			1:47	4.6	6:40	-1.0	6:21	2.5	5:53	8:19	
24	Thu	12:30	6.3	2:40	4.6	7:22	-1.2	7:06	2.7	5:52	8:20	
25	Fri	1:11	6.3	3:35	4.7	8:08	-1.4	7:57	2.9	5:52	8:21	
26	Sat	1:57	6.2	4:31	4.7	8:58	-1.3	8:56	3.1	5:51	8:21	
27	Sun	2:49	5.9	5:29	4.8	9:53	-1.1	10:08	3.0	5:51	8:22	
28	Mon	3:49	5.5	6:26	4.9	10:51	-0.8	11:33	2.8	5:50	8:23	
29	Tue	5:00	5.0	7:18	5.1	11:52	-0.5			5:50	8:24	
30	Wed	6:20	4.6	8:06	5.4	12:55	2.3	12:52	-0.1	5:49	8:24	
31	Thu	7:43	4.4	8:49	5.8	2:06	1.7	1:49	0.4	5:49	8:25	