



Alcatraz Island, CA - May 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	12:03	5.5	1:20	4.3	6:37	-0.1	6:17	2.1	6:13	7:59	☀
2	Fri	12:26	5.6	2:06	4.3	7:08	-0.3	6:48	2.4	6:12	8:00	☀
3	Sat	12:51	5.6	2:52	4.2	7:41	-0.4	7:21	2.8	6:11	8:01	☀
4	Sun	1:19	5.5	3:42	4.1	8:16	-0.4	7:56	3.0	6:10	8:02	☀
5	Mon	1:52	5.4	4:38	4.1	8:57	-0.4	8:38	3.3	6:09	8:03	☀
6	Tue	2:31	5.3	5:40	4.1	9:43	-0.3	9:34	3.4	6:08	8:04	☀
7	Wed	3:18	5.1	6:43	4.1	10:37	-0.2	10:53	3.5	6:07	8:05	☀
8	Thu	4:17	4.8	7:36	4.3	11:38	-0.2			6:06	8:06	☀
9	Fri	5:28	4.6	8:19	4.6	12:21	3.2	12:39	-0.1	6:05	8:07	☀
10	Sat	6:47	4.5	8:54	4.9	1:34	2.7	1:36	-0.1	6:04	8:08	☀
11	Sun	8:06	4.5	9:28	5.2	2:32	2.0	2:27	0.1	6:03	8:08	☀
12	Mon	9:19	4.6	10:00	5.7	3:23	1.2	3:14	0.4	6:02	8:09	☀
13	Tue	10:27	4.7	10:34	6.1	4:10	0.4	3:59	0.8	6:01	8:10	☀
14	Wed	11:31	4.8	11:09	6.4	4:58	-0.4	4:43	1.3	6:00	8:11	☀
15	Thu			12:33	4.9	5:45	-1.1	5:28	1.8	5:59	8:12	☀
16	Fri			1:33	4.9	6:33	-1.6	6:15	2.2	5:58	8:13	☀
17	Sat	12:28	6.8	2:34	4.8	7:22	-1.8	7:05	2.6	5:57	8:14	☀
18	Sun	1:13	6.6	3:34	4.8	8:13	-1.7	8:00	2.9	5:57	8:15	☀
19	Mon	2:01	6.4	4:37	4.7	9:07	-1.5	9:05	3.1	5:56	8:15	☀
20	Tue	2:54	5.9	5:40	4.7	10:03	-1.1	10:22	3.2	5:55	8:16	☀
21	Wed	3:53	5.4	6:41	4.8	11:03	-0.7	11:49	3.0	5:54	8:17	☀
22	Thu	5:00	4.8	7:35	4.9			12:04	-0.3	5:54	8:18	☀
23	Fri	6:16	4.4	8:21	5.1	1:08	2.6	1:02	0.1	5:53	8:19	☀
24	Sat	7:35	4.1	9:00	5.2	2:15	2.1	1:54	0.5	5:53	8:19	☀
25	Sun	8:50	4.0	9:32	5.4	3:10	1.5	2:41	0.9	5:52	8:20	☀
26	Mon	9:57	4.0	10:00	5.5	3:56	1.0	3:22	1.3	5:51	8:21	☀
27	Tue	10:56	4.0	10:25	5.7	4:36	0.5	4:00	1.8	5:51	8:22	☀
28	Wed	11:50	4.1	10:51	5.8	5:12	0.1	4:36	2.2	5:50	8:22	☀
29	Thu			12:39	4.2	5:45	-0.2	5:11	2.5	5:50	8:23	☀
30	Fri			1:25	4.3	6:17	-0.4	5:46	2.8	5:49	8:24	☀
31	Sat			2:09	4.3	6:49	-0.6	6:21	3.1	5:49	8:25	☀