
















## Alcatraz Island, CA - May 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:51	4.6	10:30	5.4	3:56	1.3	3:48	0.5	6:12	8:00	
2	Sun	10:51	4.7	10:59	5.8	4:36	0.5	4:27	0.9	6:11	8:01	
3	Mon	11:49	4.7	11:30	6.1	5:18	-0.2	5:06	1.3	6:10	8:02	
4	Tue			12:48	4.8	6:01	-0.9	5:46	1.8	6:09	8:03	
5	Wed	12:04	6.4	1:47	4.8	6:46	-1.3	6:29	2.2	6:08	8:04	
6	Thu	12:42	6.5	2:47	4.7	7:35	-1.6	7:16	2.6	6:07	8:05	
7	Fri	1:25	6.5	3:50	4.6	8:26	-1.6	8:09	3.0	6:06	8:06	
8	Sat	2:14	6.3	4:57	4.6	9:23	-1.4	9:13	3.2	6:05	8:06	
9	Sun	3:10	6.0	6:05	4.6	10:24	-1.1	10:36	3.2	6:04	8:07	
10	Mon	4:15	5.5	7:08	4.7	11:30	-0.8			6:03	8:08	
11	Tue	5:31	5.0	8:02	4.9	12:10	3.0	12:35	-0.4	6:02	8:09	
12	Wed	6:52	4.6	8:47	5.2	1:32	2.5	1:35	-0.1	6:01	8:10	
13	Thu	8:11	4.4	9:26	5.4	2:38	1.8	2:27	0.3	6:00	8:11	
14	Fri	9:24	4.3	10:00	5.6	3:34	1.2	3:13	0.7	5:59	8:12	
15	Sat	10:29	4.3	10:30	5.8	4:21	0.6	3:54	1.1	5:58	8:13	
16	Sun	11:27	4.3	10:58	5.8	5:02	0.1	4:32	1.6	5:58	8:13	
17	Mon			12:21	4.3	5:40	-0.2	5:09	2.1	5:57	8:14	
18	Tue			1:11	4.3	6:14	-0.5	5:45	2.5	5:56	8:15	
19	Wed			1:59	4.4	6:47	-0.6	6:21	2.8	5:55	8:16	
20	Thu	12:17	5.8	2:45	4.4	7:21	-0.7	6:58	3.1	5:55	8:17	
21	Fri	12:47	5.7	3:31	4.3	7:56	-0.6	7:37	3.3	5:54	8:18	
22	Sat	1:21	5.6	4:18	4.3	8:33	-0.6	8:20	3.4	5:53	8:18	
23	Sun	1:59	5.4	5:08	4.2	9:15	-0.4	9:12	3.5	5:53	8:19	
24	Mon	2:43	5.1	5:57	4.3	10:00	-0.3	10:18	3.4	5:52	8:20	
25	Tue	3:33	4.8	6:43	4.4	10:50	-0.1	11:37	3.3	5:52	8:21	
26	Wed	4:32	4.5	7:23	4.6	11:42	0.0			5:51	8:22	
27	Thu	5:43	4.2	7:58	4.8	12:50	2.9	12:33	0.3	5:50	8:22	
28	Fri	7:03	4.0	8:30	5.2	1:51	2.3	1:23	0.6	5:50	8:23	
29	Sat	8:24	4.0	9:02	5.6	2:42	1.5	2:11	0.9	5:50	8:24	
30	Sun	9:40	4.1	9:35	6.0	3:28	0.7	2:57	1.4	5:49	8:24	
31	Mon	10:49	4.3	10:10	6.4	4:13	-0.1	3:43	1.8	5:49	8:25	