
















Alcatraz Island, CA - May 2006

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:02	6.0	4:47	4.4	9:11	-0.9	9:05	3.2	6:13	8:00	
2	Tue	2:47	5.6	5:54	4.4	10:05	-0.6	10:17	3.3	6:12	8:01	
3	Wed	3:40	5.1	6:59	4.4	11:05	-0.2	11:41	3.2	6:11	8:01	
4	Thu	4:41	4.7	7:54	4.5			12:07	0.1	6:10	8:02	
5	Fri	5:53	4.3	8:37	4.6	1:00	3.0	1:06	0.3	6:08	8:03	
6	Sat	7:09	4.1	9:10	4.7	2:05	2.5	1:57	0.5	6:07	8:04	
7	Sun	8:21	4.0	9:37	4.9	2:57	2.0	2:41	0.8	6:06	8:05	
8	Mon	9:26	4.0	10:01	5.1	3:42	1.4	3:19	1.0	6:05	8:06	
9	Tue	10:24	4.0	10:24	5.4	4:20	0.9	3:53	1.4	6:04	8:07	
10	Wed	11:18	4.1	10:48	5.6	4:56	0.4	4:26	1.8	6:03	8:08	
11	Thu			12:08	4.2	5:29	-0.1	4:58	2.2	6:02	8:09	
12	Fri			12:58	4.3	6:02	-0.4	5:31	2.5	6:01	8:10	
13	Sat			1:47	4.3	6:36	-0.7	6:07	2.8	6:01	8:10	
14	Sun	12:14	6.0	2:37	4.3	7:14	-1.0	6:45	3.1	6:00	8:11	
15	Mon	12:50	6.0	3:29	4.3	7:55	-1.1	7:27	3.2	5:59	8:12	
16	Tue	1:30	6.0	4:23	4.3	8:42	-1.1	8:18	3.4	5:58	8:13	
17	Wed	2:17	5.8	5:19	4.3	9:33	-1.0	9:22	3.4	5:57	8:14	
18	Thu	3:12	5.5	6:14	4.5	10:29	-0.9	10:44	3.2	5:56	8:15	
19	Fri	4:18	5.1	7:03	4.7	11:27	-0.6			5:56	8:16	
20	Sat	5:35	4.7	7:47	5.0	12:13	2.8	12:25	-0.3	5:55	8:16	
21	Sun	6:59	4.4	8:27	5.4	1:30	2.1	1:21	0.1	5:54	8:17	
22	Mon	8:23	4.3	9:04	5.8	2:35	1.3	2:12	0.6	5:54	8:18	
23	Tue	9:42	4.3	9:40	6.2	3:30	0.5	3:01	1.1	5:53	8:19	
24	Wed	10:53	4.3	10:16	6.5	4:20	-0.3	3:48	1.7	5:52	8:20	
25	Thu	11:57	4.5	10:54	6.6	5:07	-0.9	4:35	2.2	5:52	8:20	
26	Fri			12:57	4.6	5:52	-1.3	5:22	2.6	5:51	8:21	
27	Sat			1:52	4.7	6:36	-1.4	6:10	2.9	5:51	8:22	
28	Sun	12:12	6.5	2:45	4.7	7:20	-1.4	7:00	3.1	5:50	8:23	
29	Mon	12:53	6.2	3:37	4.7	8:04	-1.2	7:52	3.3	5:50	8:23	
30	Tue	1:36	5.9	4:27	4.6	8:49	-1.0	8:49	3.3	5:49	8:24	
31	Wed	2:20	5.5	5:17	4.6	9:35	-0.6	9:53	3.3	5:49	8:25	