
































## Alcatraz Island, CA - May 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:04	4.4	9:44	5.4	3:12	1.5	3:01	0.6	6:12	8:00	
2	Fri	10:11	4.5	10:15	5.8	3:57	0.6	3:43	1.0	6:11	8:01	
3	Sat	11:14	4.6	10:48	6.2	4:41	-0.2	4:25	1.4	6:10	8:02	
4	Sun			12:14	4.7	5:25	-0.9	5:08	1.8	6:09	8:03	
5	Mon			1:13	4.8	6:11	-1.4	5:53	2.2	6:08	8:04	
6	Tue	12:05	6.7	2:12	4.8	7:00	-1.7	6:41	2.6	6:07	8:05	
7	Wed	12:49	6.7	3:11	4.7	7:51	-1.8	7:33	2.8	6:06	8:06	
8	Thu	1:38	6.6	4:12	4.7	8:44	-1.6	8:33	3.0	6:05	8:06	
9	Fri	2:32	6.2	5:14	4.6	9:42	-1.3	9:46	3.0	6:04	8:07	
10	Sat	3:32	5.7	6:14	4.7	10:42	-0.9	11:11	2.9	6:03	8:08	
11	Sun	4:40	5.2	7:11	4.9	11:45	-0.5			6:02	8:09	
12	Mon	5:56	4.7	8:00	5.1	12:36	2.5	12:45	0.0	6:01	8:10	
13	Tue	7:17	4.3	8:42	5.3	1:50	1.9	1:40	0.4	6:00	8:11	
14	Wed	8:37	4.1	9:19	5.5	2:52	1.3	2:29	0.8	5:59	8:12	
15	Thu	9:49	4.0	9:51	5.7	3:43	0.7	3:13	1.3	5:58	8:13	
16	Fri	10:52	4.1	10:21	5.8	4:27	0.2	3:53	1.8	5:58	8:13	
17	Sat	11:48	4.2	10:48	5.8	5:06	-0.2	4:32	2.2	5:57	8:14	
18	Sun			12:39	4.3	5:42	-0.4	5:09	2.6	5:56	8:15	
19	Mon			1:26	4.3	6:15	-0.6	5:45	2.9	5:55	8:16	
20	Tue			2:09	4.3	6:48	-0.7	6:22	3.1	5:55	8:17	
21	Wed	12:16	5.8	2:51	4.3	7:22	-0.7	6:59	3.2	5:54	8:18	
22	Thu	12:50	5.7	3:33	4.3	7:58	-0.7	7:38	3.3	5:53	8:18	
23	Fri	1:26	5.6	4:15	4.2	8:36	-0.6	8:21	3.3	5:53	8:19	
24	Sat	2:06	5.4	4:58	4.3	9:17	-0.5	9:14	3.3	5:52	8:20	
25	Sun	2:51	5.1	5:41	4.3	10:00	-0.4	10:20	3.2	5:52	8:21	
26	Mon	3:42	4.8	6:22	4.5	10:47	-0.2	11:37	2.9	5:51	8:22	
27	Tue	4:45	4.4	7:00	4.8	11:36	0.1			5:50	8:22	
28	Wed	6:01	4.1	7:36	5.1	12:49	2.4	12:26	0.5	5:50	8:23	
29	Thu	7:27	3.9	8:12	5.5	1:51	1.7	1:17	1.0	5:50	8:24	
30	Fri	8:53	3.9	8:48	5.9	2:45	0.9	2:07	1.4	5:49	8:24	
31	Sat	10:10	4.1	9:26	6.4	3:34	0.0	2:57	1.9	5:49	8:25	