
































Alcatraz Island, CA - May 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:55	5.2	7:28	4.7			12:00	-0.5	6:13	8:00	
2	Sat	6:14	4.8	8:17	5.0	12:46	2.5	1:02	-0.2	6:11	8:01	
3	Sun	7:37	4.5	8:59	5.4	2:00	1.9	1:59	0.2	6:10	8:02	
4	Mon	8:54	4.4	9:37	5.7	3:02	1.2	2:49	0.6	6:09	8:03	
5	Tue	10:05	4.4	10:12	5.9	3:55	0.5	3:34	1.0	6:08	8:04	
6	Wed	11:07	4.4	10:45	6.0	4:41	-0.1	4:17	1.5	6:07	8:04	
7	Thu			12:05	4.5	5:24	-0.5	4:58	1.9	6:06	8:05	
8	Fri			12:58	4.5	6:03	-0.7	5:38	2.3	6:05	8:06	
9	Sat			1:47	4.5	6:40	-0.9	6:18	2.7	6:04	8:07	
10	Sun	12:20	5.9	2:35	4.5	7:17	-0.9	6:59	2.9	6:03	8:08	
11	Mon	12:53	5.8	3:22	4.4	7:55	-0.8	7:41	3.1	6:02	8:09	
12	Tue	1:28	5.6	4:09	4.3	8:35	-0.6	8:26	3.2	6:01	8:10	
13	Wed	2:07	5.3	4:57	4.2	9:17	-0.4	9:19	3.2	6:00	8:11	
14	Thu	2:51	5.0	5:46	4.2	10:02	-0.2	10:26	3.2	5:59	8:12	
15	Fri	3:40	4.7	6:32	4.3	10:50	0.1	11:43	3.0	5:59	8:12	
16	Sat	4:39	4.3	7:12	4.4	11:41	0.3			5:58	8:13	
17	Sun	5:49	4.0	7:48	4.7	12:55	2.7	12:31	0.6	5:57	8:14	
18	Mon	7:08	3.8	8:20	5.0	1:55	2.1	1:19	0.9	5:56	8:15	
19	Tue	8:26	3.8	8:51	5.3	2:44	1.5	2:05	1.2	5:55	8:16	
20	Wed	9:39	3.9	9:23	5.7	3:27	0.8	2:50	1.6	5:55	8:17	
21	Thu	10:44	4.1	9:57	6.0	4:08	0.1	3:34	2.0	5:54	8:17	
22	Fri	11:44	4.3	10:34	6.3	4:49	-0.5	4:18	2.3	5:53	8:18	
23	Sat			12:40	4.5	5:31	-1.1	5:03	2.6	5:53	8:19	
24	Sun			1:33	4.6	6:16	-1.5	5:51	2.8	5:52	8:20	
25	Mon			2:25	4.7	7:03	-1.7	6:42	2.9	5:52	8:21	
26	Tue	12:47	6.7	3:17	4.8	7:52	-1.8	7:37	2.9	5:51	8:21	
27	Wed	1:39	6.5	4:09	4.8	8:43	-1.6	8:40	2.9	5:51	8:22	
28	Thu	2:34	6.1	5:01	4.9	9:36	-1.3	9:53	2.7	5:50	8:23	
29	Fri	3:36	5.6	5:52	5.1	10:30	-0.8	11:14	2.4	5:50	8:24	
30	Sat	4:44	5.0	6:41	5.3	11:25	-0.3			5:49	8:24	
31	Sun	6:03	4.4	7:28	5.6	12:35	2.0	12:20	0.3	5:49	8:25	