




















Alcatraz Island, CA - May 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:10	4.3	5:33	0.1	5:11	2.0	6:13	7:59	
2	Mon			12:54	4.4	6:05	-0.2	5:44	2.2	6:12	8:00	
3	Tue			1:37	4.4	6:37	-0.4	6:17	2.5	6:11	8:01	
4	Wed	12:21	5.8	2:21	4.3	7:10	-0.6	6:52	2.7	6:10	8:02	
5	Thu	12:54	5.7	3:06	4.3	7:46	-0.7	7:30	2.8	6:09	8:03	
6	Fri	1:31	5.7	3:54	4.3	8:26	-0.7	8:14	2.9	6:08	8:04	
7	Sat	2:11	5.5	4:44	4.3	9:10	-0.7	9:07	3.0	6:07	8:05	
8	Sun	2:59	5.3	5:37	4.3	9:59	-0.5	10:14	3.0	6:06	8:06	
9	Mon	3:55	5.0	6:29	4.5	10:54	-0.3	11:34	2.7	6:05	8:07	
10	Tue	5:03	4.7	7:17	4.8	11:51	-0.1			6:04	8:08	
11	Wed	6:23	4.4	8:00	5.1	12:52	2.2	12:49	0.2	6:03	8:08	
12	Thu	7:47	4.3	8:41	5.5	2:00	1.5	1:45	0.5	6:02	8:09	
13	Fri	9:06	4.3	9:21	6.0	2:58	0.7	2:38	0.9	6:01	8:10	
14	Sat	10:18	4.5	10:02	6.3	3:50	-0.1	3:29	1.3	6:00	8:11	
15	Sun	11:23	4.6	10:43	6.6	4:40	-0.8	4:18	1.7	5:59	8:12	
16	Mon			12:23	4.8	5:28	-1.3	5:07	2.0	5:58	8:13	
17	Tue			1:19	4.8	6:15	-1.6	5:57	2.3	5:57	8:14	
18	Wed	12:09	6.7	2:13	4.9	7:03	-1.6	6:49	2.5	5:57	8:15	
19	Thu	12:55	6.5	3:06	4.8	7:50	-1.5	7:44	2.7	5:56	8:15	
20	Fri	1:42	6.2	3:58	4.8	8:38	-1.3	8:43	2.8	5:55	8:16	
21	Sat	2:31	5.7	4:51	4.8	9:27	-0.9	9:49	2.8	5:54	8:17	
22	Sun	3:23	5.2	5:43	4.8	10:17	-0.4	11:03	2.7	5:54	8:18	
23	Mon	4:21	4.7	6:32	4.8	11:09	0.0			5:53	8:19	
24	Tue	5:27	4.2	7:18	4.9	12:17	2.4	12:01	0.5	5:53	8:19	
25	Wed	6:44	3.8	7:57	5.1	1:26	2.0	12:53	0.9	5:52	8:20	
26	Thu	8:05	3.7	8:32	5.2	2:25	1.5	1:43	1.4	5:51	8:21	
27	Fri	9:20	3.7	9:05	5.4	3:14	1.0	2:30	1.7	5:51	8:22	
28	Sat	10:24	3.8	9:36	5.6	3:57	0.5	3:13	2.1	5:50	8:23	
29	Sun	11:19	4.0	10:08	5.8	4:35	0.1	3:55	2.4	5:50	8:23	
30	Mon			12:07	4.2	5:10	-0.2	4:34	2.6	5:49	8:24	
31	Tue			12:51	4.3	5:44	-0.5	5:12	2.8	5:49	8:25	