


































Alcatraz Island, CA - May 2013

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 4:24 | 5.4 | 6:35 | 4.8 | 11:14 | -0.5 | 11:58 | 2.4 | 6:13 | 8:00 |  |
| 2 | Thu | 5:37 | 5.0 | 7:33 | 5.0 | | | 12:18 | -0.2 | 6:11 | 8:01 |  |
| 3 | Fri | 6:56 | 4.6 | 8:25 | 5.3 | 1:19 | 2.0 | 1:20 | 0.2 | 6:10 | 8:02 |  |
| 4 | Sat | 8:15 | 4.5 | 9:10 | 5.5 | 2:27 | 1.4 | 2:17 | 0.5 | 6:09 | 8:03 |  |
| 5 | Sun | 9:27 | 4.4 | 9:50 | 5.7 | 3:25 | 0.8 | 3:08 | 0.8 | 6:08 | 8:04 |  |
| 6 | Mon | 10:30 | 4.5 | 10:26 | 5.9 | 4:14 | 0.3 | 3:54 | 1.2 | 6:07 | 8:04 |  |
| 7 | Tue | 11:26 | 4.5 | 11:00 | 5.9 | 4:57 | -0.1 | 4:36 | 1.5 | 6:06 | 8:05 |  |
| 8 | Wed | | | 12:17 | 4.6 | 5:37 | -0.3 | 5:16 | 1.8 | 6:05 | 8:06 |  |
| 9 | Thu | | | 1:05 | 4.6 | 6:13 | -0.5 | 5:55 | 2.1 | 6:04 | 8:07 |  |
| 10 | Fri | 12:03 | 5.8 | 1:50 | 4.5 | 6:48 | -0.6 | 6:34 | 2.4 | 6:03 | 8:08 |  |
| 11 | Sat | 12:34 | 5.7 | 2:33 | 4.5 | 7:23 | -0.6 | 7:13 | 2.6 | 6:02 | 8:09 |  |
| 12 | Sun | 1:06 | 5.6 | 3:15 | 4.4 | 7:58 | -0.5 | 7:53 | 2.8 | 6:01 | 8:10 |  |
| 13 | Mon | 1:41 | 5.4 | 3:58 | 4.3 | 8:35 | -0.4 | 8:38 | 2.9 | 6:00 | 8:11 |  |
| 14 | Tue | 2:19 | 5.2 | 4:43 | 4.3 | 9:14 | -0.2 | 9:30 | 2.9 | 5:59 | 8:12 |  |
| 15 | Wed | 3:02 | 4.9 | 5:30 | 4.3 | 9:57 | 0.0 | 10:33 | 2.9 | 5:59 | 8:12 |  |
| 16 | Thu | 3:52 | 4.6 | 6:17 | 4.4 | 10:44 | 0.2 | 11:46 | 2.7 | 5:58 | 8:13 |  |
| 17 | Fri | 4:52 | 4.3 | 7:01 | 4.6 | 11:35 | 0.4 | | | 5:57 | 8:14 |  |
| 18 | Sat | 6:04 | 4.0 | 7:43 | 4.9 | 12:55 | 2.4 | 12:29 | 0.7 | 5:56 | 8:15 |  |
| 19 | Sun | 7:22 | 3.9 | 8:21 | 5.2 | 1:54 | 1.9 | 1:21 | 1.0 | 5:55 | 8:16 |  |
| 20 | Mon | 8:38 | 3.9 | 8:59 | 5.5 | 2:44 | 1.2 | 2:12 | 1.2 | 5:55 | 8:17 |  |
| 21 | Tue | 9:48 | 4.1 | 9:36 | 5.9 | 3:30 | 0.6 | 3:01 | 1.5 | 5:54 | 8:18 |  |
| 22 | Wed | 10:50 | 4.3 | 10:15 | 6.2 | 4:14 | -0.1 | 3:48 | 1.7 | 5:53 | 8:18 |  |
| 23 | Thu | 11:48 | 4.6 | 10:57 | 6.5 | 4:57 | -0.8 | 4:36 | 2.0 | 5:53 | 8:19 |  |
| 24 | Fri | | | 12:43 | 4.7 | 5:42 | -1.3 | 5:24 | 2.2 | 5:52 | 8:20 |  |
| 25 | Sat | | | 1:35 | 4.9 | 6:29 | -1.6 | 6:15 | 2.3 | 5:52 | 8:21 |  |
| 26 | Sun | 12:27 | 6.7 | 2:28 | 5.0 | 7:17 | -1.7 | 7:08 | 2.4 | 5:51 | 8:21 |  |
| 27 | Mon | 1:17 | 6.6 | 3:20 | 5.0 | 8:06 | -1.7 | 8:07 | 2.4 | 5:51 | 8:22 |  |
| 28 | Tue | 2:10 | 6.3 | 4:12 | 5.1 | 8:58 | -1.4 | 9:12 | 2.4 | 5:50 | 8:23 |  |
| 29 | Wed | 3:07 | 5.8 | 5:06 | 5.2 | 9:50 | -1.0 | 10:27 | 2.3 | 5:50 | 8:24 |  |
| 30 | Thu | 4:10 | 5.2 | 5:59 | 5.3 | 10:45 | -0.5 | 11:47 | 2.0 | 5:49 | 8:24 |  |
| 31 | Fri | 5:21 | 4.7 | 6:52 | 5.5 | 11:43 | 0.1 | | | 5:49 | 8:25 |  |