



















Alcatraz Island, CA - May 2014

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:13	5.9	3:00	4.7	7:55	-0.7	7:52	2.3	6:13	8:00	
2	Fri	1:50	5.7	3:51	4.5	8:37	-0.6	8:41	2.6	6:12	8:01	
3	Sat	2:29	5.4	4:44	4.4	9:21	-0.3	9:37	2.8	6:11	8:01	
4	Sun	3:12	5.0	5:39	4.3	10:08	0.0	10:43	2.8	6:09	8:02	
5	Mon	4:02	4.7	6:35	4.4	11:00	0.3	11:58	2.7	6:08	8:03	
6	Tue	5:01	4.3	7:25	4.5	11:56	0.5			6:07	8:04	
7	Wed	6:11	4.0	8:08	4.6	1:08	2.5	12:53	0.7	6:06	8:05	
8	Thu	7:25	3.9	8:45	4.9	2:08	2.1	1:45	0.9	6:05	8:06	
9	Fri	8:35	3.9	9:19	5.1	2:57	1.6	2:32	1.1	6:04	8:07	
10	Sat	9:38	4.0	9:50	5.4	3:40	1.1	3:14	1.3	6:03	8:08	
11	Sun	10:34	4.2	10:22	5.6	4:18	0.6	3:54	1.5	6:02	8:09	
12	Mon	11:26	4.4	10:56	5.9	4:54	0.1	4:32	1.7	6:01	8:10	
13	Tue			12:15	4.5	5:30	-0.4	5:12	1.9	6:01	8:11	
14	Wed			1:04	4.6	6:09	-0.8	5:53	2.1	6:00	8:11	
15	Thu	12:08	6.2	1:53	4.7	6:49	-1.1	6:37	2.3	5:59	8:12	
16	Fri	12:49	6.2	2:43	4.7	7:33	-1.3	7:24	2.4	5:58	8:13	
17	Sat	1:33	6.2	3:35	4.8	8:19	-1.3	8:18	2.5	5:57	8:14	
18	Sun	2:22	6.0	4:29	4.8	9:09	-1.1	9:20	2.6	5:56	8:15	
19	Mon	3:17	5.6	5:25	4.9	10:03	-0.9	10:35	2.5	5:56	8:16	
20	Tue	4:21	5.2	6:20	5.1	11:01	-0.5	11:57	2.2	5:55	8:16	
21	Wed	5:34	4.7	7:14	5.3			12:01	-0.1	5:54	8:17	
22	Thu	6:56	4.4	8:04	5.6	1:15	1.7	1:01	0.3	5:54	8:18	
23	Fri	8:17	4.3	8:50	5.9	2:23	1.1	1:59	0.8	5:53	8:19	
24	Sat	9:32	4.3	9:33	6.1	3:20	0.5	2:53	1.1	5:52	8:20	
25	Sun	10:39	4.4	10:14	6.2	4:11	-0.1	3:43	1.5	5:52	8:20	
26	Mon	11:37	4.5	10:52	6.3	4:57	-0.5	4:31	1.8	5:51	8:21	
27	Tue			12:30	4.6	5:39	-0.7	5:16	2.1	5:51	8:22	
28	Wed			1:19	4.7	6:19	-0.9	6:01	2.4	5:50	8:23	
29	Thu	12:06	6.1	2:06	4.7	6:57	-0.9	6:46	2.6	5:50	8:23	
30	Fri	12:42	5.9	2:49	4.7	7:34	-0.8	7:30	2.7	5:49	8:24	
31	Sat	1:19	5.7	3:32	4.7	8:12	-0.6	8:17	2.8	5:49	8:25	