

































Alcatraz Island, CA - May 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:23	4.5	8:54	5.0	1:46	2.2	1:48	0.2	6:12	8:00	
2	Mon	8:36	4.6	9:34	5.4	2:43	1.6	2:42	0.2	6:11	8:01	
3	Tue	9:44	4.8	10:13	5.8	3:35	0.9	3:31	0.4	6:10	8:02	
4	Wed	10:47	5.0	10:52	6.1	4:23	0.2	4:19	0.6	6:09	8:03	
5	Thu	11:46	5.1	11:32	6.4	5:11	-0.5	5:06	0.9	6:08	8:04	
6	Fri			12:44	5.1	5:58	-1.0	5:53	1.3	6:07	8:05	
7	Sat	12:13	6.6	1:41	5.1	6:47	-1.3	6:42	1.6	6:06	8:06	
8	Sun	12:57	6.6	2:38	5.1	7:36	-1.4	7:34	2.0	6:05	8:07	
9	Mon	1:42	6.4	3:36	5.0	8:26	-1.3	8:30	2.3	6:04	8:07	
10	Tue	2:31	6.1	4:36	4.9	9:19	-1.1	9:35	2.5	6:03	8:08	
11	Wed	3:24	5.6	5:38	4.9	10:15	-0.7	10:49	2.6	6:02	8:09	
12	Thu	4:23	5.1	6:39	4.9	11:15	-0.3			6:01	8:10	
13	Fri	5:30	4.6	7:36	5.0	12:09	2.5	12:16	0.1	6:00	8:11	
14	Sat	6:45	4.3	8:26	5.1	1:23	2.1	1:15	0.4	5:59	8:12	
15	Sun	8:01	4.1	9:07	5.3	2:26	1.7	2:09	0.7	5:58	8:13	
16	Mon	9:10	4.1	9:43	5.4	3:19	1.3	2:57	1.0	5:58	8:14	
17	Tue	10:11	4.1	10:14	5.5	4:03	0.8	3:39	1.3	5:57	8:14	
18	Wed	11:03	4.2	10:43	5.6	4:43	0.5	4:18	1.6	5:56	8:15	
19	Thu	11:51	4.3	11:11	5.7	5:18	0.1	4:54	1.9	5:55	8:16	
20	Fri			12:35	4.3	5:51	-0.1	5:29	2.1	5:55	8:17	
21	Sat			1:17	4.4	6:23	-0.3	6:03	2.3	5:54	8:18	
22	Sun	12:10	5.7	1:58	4.4	6:55	-0.5	6:39	2.5	5:53	8:19	
23	Mon	12:43	5.7	2:40	4.5	7:28	-0.6	7:16	2.7	5:53	8:19	
24	Tue	1:17	5.6	3:23	4.5	8:05	-0.6	7:57	2.8	5:52	8:20	
25	Wed	1:54	5.5	4:08	4.5	8:44	-0.6	8:45	2.9	5:51	8:21	
26	Thu	2:37	5.3	4:56	4.6	9:28	-0.5	9:44	2.9	5:51	8:22	
27	Fri	3:26	5.0	5:46	4.7	10:17	-0.3	10:54	2.8	5:50	8:22	
28	Sat	4:26	4.7	6:35	4.9	11:10	-0.1			5:50	8:23	
29	Sun	5:39	4.4	7:23	5.2	12:11	2.5	12:07	0.2	5:50	8:24	
30	Mon	7:01	4.2	8:08	5.5	1:23	1.9	1:05	0.5	5:49	8:25	
31	Tue	8:23	4.2	8:52	5.9	2:24	1.2	2:02	0.8	5:49	8:25	