































Alcatraz Island, CA - Jun 2020

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|-----|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 8:47 | 4.3 | 9:18 | 6.0 | 2:50 | 1.1 | 2:28 | 0.7 | 5:48 | 8:26 |  |
| 2 | Tue | 10:02 | 4.4 | 9:57 | 6.4 | 3:43 | 0.3 | 3:18 | 1.2 | 5:48 | 8:27 |  |
| 3 | Wed | 11:10 | 4.5 | 10:36 | 6.6 | 4:33 | -0.5 | 4:07 | 1.6 | 5:48 | 8:27 |  |
| 4 | Thu | | | 12:13 | 4.7 | 5:21 | -1.0 | 4:56 | 2.1 | 5:47 | 8:28 |  |
| 5 | Fri | | | 1:11 | 4.8 | 6:08 | -1.4 | 5:46 | 2.4 | 5:47 | 8:28 |  |
| 6 | Sat | | | 2:06 | 4.9 | 6:54 | -1.5 | 6:36 | 2.7 | 5:47 | 8:29 |  |
| 7 | Sun | 12:41 | 6.6 | 3:00 | 4.9 | 7:40 | -1.5 | 7:30 | 2.9 | 5:47 | 8:30 |  |
| 8 | Mon | 1:26 | 6.3 | 3:52 | 4.9 | 8:27 | -1.3 | 8:27 | 3.1 | 5:47 | 8:30 |  |
| 9 | Tue | 2:12 | 5.9 | 4:44 | 4.9 | 9:14 | -1.0 | 9:31 | 3.1 | 5:47 | 8:31 |  |
| 10 | Wed | 3:01 | 5.4 | 5:36 | 4.9 | 10:03 | -0.6 | 10:42 | 3.0 | 5:47 | 8:31 |  |
| 11 | Thu | 3:54 | 4.9 | 6:25 | 4.9 | 10:53 | -0.1 | 11:56 | 2.8 | 5:46 | 8:32 |  |
| 12 | Fri | 4:55 | 4.4 | 7:09 | 5.0 | 11:44 | 0.3 | | | 5:46 | 8:32 |  |
| 13 | Sat | 6:07 | 4.0 | 7:49 | 5.1 | 1:06 | 2.5 | 12:35 | 0.7 | 5:46 | 8:32 |  |
| 14 | Sun | 7:27 | 3.7 | 8:23 | 5.3 | 2:07 | 2.0 | 1:25 | 1.2 | 5:46 | 8:33 |  |
| 15 | Mon | 8:47 | 3.7 | 8:55 | 5.5 | 2:59 | 1.4 | 2:11 | 1.6 | 5:47 | 8:33 |  |
| 16 | Tue | 9:57 | 3.8 | 9:25 | 5.7 | 3:43 | 0.9 | 2:55 | 2.0 | 5:47 | 8:33 |  |
| 17 | Wed | 10:58 | 3.9 | 9:56 | 5.9 | 4:22 | 0.5 | 3:37 | 2.3 | 5:47 | 8:34 |  |
| 18 | Thu | 11:50 | 4.1 | 10:28 | 6.0 | 4:58 | 0.0 | 4:17 | 2.6 | 5:47 | 8:34 |  |
| 19 | Fri | | | 12:38 | 4.3 | 5:32 | -0.3 | 4:57 | 2.9 | 5:47 | 8:34 |  |
| 20 | Sat | | | 1:22 | 4.5 | 6:06 | -0.6 | 5:36 | 3.0 | 5:47 | 8:35 |  |
| 21 | Sun | | | 2:05 | 4.6 | 6:42 | -0.9 | 6:18 | 3.1 | 5:48 | 8:35 |  |
| 22 | Mon | 12:18 | 6.3 | 2:47 | 4.7 | 7:20 | -1.0 | 7:01 | 3.2 | 5:48 | 8:35 |  |
| 23 | Tue | 12:59 | 6.2 | 3:29 | 4.8 | 8:01 | -1.1 | 7:50 | 3.2 | 5:48 | 8:35 |  |
| 24 | Wed | 1:43 | 6.1 | 4:13 | 4.8 | 8:44 | -1.0 | 8:45 | 3.1 | 5:48 | 8:35 |  |
| 25 | Thu | 2:33 | 5.8 | 4:57 | 5.0 | 9:29 | -0.8 | 9:50 | 2.9 | 5:49 | 8:35 |  |
| 26 | Fri | 3:28 | 5.4 | 5:41 | 5.2 | 10:18 | -0.5 | 11:03 | 2.6 | 5:49 | 8:35 |  |
| 27 | Sat | 4:34 | 4.9 | 6:26 | 5.4 | 11:09 | 0.0 | | | 5:49 | 8:35 |  |
| 28 | Sun | 5:53 | 4.4 | 7:11 | 5.8 | 12:20 | 2.1 | 12:03 | 0.5 | 5:50 | 8:35 |  |
| 29 | Mon | 7:23 | 4.1 | 7:55 | 6.1 | 1:32 | 1.4 | 12:59 | 1.1 | 5:50 | 8:35 |  |
| 30 | Tue | 8:52 | 4.0 | 8:40 | 6.4 | 2:36 | 0.7 | 1:55 | 1.7 | 5:51 | 8:35 |  |