






























Alcatraz Island, CA - Sep 2022

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:44	4.5	3:50	5.8	9:10	1.9	10:22	1.0	6:39	7:39	
2	Fri	5:00	4.2	4:33	5.9	9:54	2.5	11:30	0.7	6:40	7:37	
3	Sat	6:37	4.0	5:27	6.0	10:51	3.1			6:41	7:36	
4	Sun	8:19	4.1	6:33	6.1	12:45	0.4	12:12	3.4	6:42	7:34	
5	Mon	9:33	4.4	7:43	6.2	1:58	0.0	1:38	3.4	6:43	7:33	
6	Tue	10:25	4.7	8:51	6.4	3:02	-0.3	2:51	3.2	6:44	7:31	
7	Wed	11:07	5.0	9:52	6.6	3:57	-0.6	3:50	2.8	6:45	7:30	
8	Thu	11:45	5.2	10:49	6.6	4:45	-0.7	4:44	2.3	6:45	7:28	
9	Fri			12:21	5.5	5:29	-0.7	5:34	1.8	6:46	7:27	
10	Sat			12:55	5.6	6:10	-0.4	6:23	1.4	6:47	7:25	
11	Sun	12:35	6.2	1:28	5.8	6:49	0.0	7:11	1.1	6:48	7:23	
12	Mon	1:27	5.8	2:01	5.9	7:26	0.5	7:59	0.8	6:49	7:22	
13	Tue	2:21	5.3	2:33	5.9	8:04	1.2	8:48	0.7	6:50	7:20	
14	Wed	3:18	4.9	3:07	5.8	8:43	1.8	9:40	0.7	6:50	7:19	
15	Thu	4:24	4.5	3:43	5.7	9:27	2.5	10:38	0.8	6:51	7:17	
16	Fri	5:45	4.2	4:26	5.5	10:21	3.1	11:44	0.8	6:52	7:16	
17	Sat	7:22	4.2	5:19	5.3	11:37	3.5			6:53	7:14	
18	Sun	8:46	4.4	6:24	5.2	12:55	0.8	1:04	3.6	6:54	7:13	
19	Mon	9:41	4.6	7:31	5.2	2:02	0.7	2:14	3.4	6:55	7:11	
20	Tue	10:20	4.7	8:33	5.3	2:57	0.6	3:08	3.1	6:56	7:09	
21	Wed	10:51	4.8	9:25	5.5	3:43	0.4	3:51	2.8	6:56	7:08	
22	Thu	11:18	4.9	10:12	5.6	4:20	0.3	4:28	2.4	6:57	7:06	
23	Fri	11:42	5.1	10:56	5.6	4:53	0.2	5:03	2.1	6:58	7:05	
24	Sat			12:06	5.2	5:23	0.3	5:36	1.7	6:59	7:03	
25	Sun			12:30	5.4	5:52	0.5	6:11	1.3	7:00	7:02	
26	Mon	12:22	5.5	12:55	5.6	6:21	0.7	6:48	0.9	7:01	7:00	
27	Tue	1:08	5.3	1:21	5.8	6:52	1.1	7:27	0.5	7:02	6:59	
28	Wed	1:58	5.1	1:51	5.9	7:25	1.6	8:11	0.3	7:02	6:57	
29	Thu	2:54	4.8	2:24	6.0	8:01	2.2	9:01	0.1	7:03	6:55	
30	Fri	4:00	4.5	3:04	6.0	8:42	2.7	9:59	0.0	7:04	6:54	