
































## Alcatraz Island, CA - May 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:37	4.2	10:24	5.1	3:55	1.6	3:42	0.7	6:13	7:59	
2	Tue	10:32	4.3	10:48	5.3	4:32	1.0	4:15	1.0	6:12	8:00	
3	Wed	11:24	4.4	11:13	5.6	5:06	0.5	4:47	1.4	6:11	8:01	
4	Thu			12:15	4.4	5:41	-0.1	5:20	1.8	6:10	8:02	
5	Fri			1:06	4.5	6:16	-0.5	5:54	2.2	6:09	8:03	
6	Sat	12:09	6.0	1:59	4.5	6:55	-0.9	6:31	2.5	6:08	8:04	
7	Sun	12:42	6.1	2:55	4.4	7:37	-1.1	7:12	2.9	6:06	8:05	
8	Mon	1:20	6.1	3:54	4.4	8:24	-1.2	8:00	3.1	6:05	8:06	
9	Tue	2:05	6.0	4:58	4.3	9:16	-1.2	8:58	3.3	6:04	8:07	
10	Wed	2:57	5.8	6:03	4.4	10:14	-1.0	10:15	3.3	6:03	8:08	
11	Thu	4:01	5.4	7:03	4.6	11:18	-0.8	11:49	3.1	6:03	8:09	
12	Fri	5:16	5.1	7:54	4.8			12:23	-0.5	6:02	8:09	
13	Sat	6:39	4.7	8:38	5.1	1:15	2.6	1:23	-0.3	6:01	8:10	
14	Sun	8:01	4.5	9:16	5.5	2:25	1.9	2:17	0.1	6:00	8:11	
15	Mon	9:17	4.5	9:51	5.8	3:22	1.1	3:05	0.5	5:59	8:12	
16	Tue	10:27	4.4	10:25	6.1	4:13	0.3	3:49	1.0	5:58	8:13	
17	Wed	11:30	4.5	10:58	6.3	4:59	-0.3	4:32	1.5	5:57	8:14	
18	Thu			12:29	4.5	5:42	-0.7	5:14	2.0	5:57	8:15	
19	Fri			1:25	4.6	6:23	-1.0	5:57	2.5	5:56	8:16	
20	Sat	12:04	6.2	2:18	4.6	7:03	-1.1	6:40	2.9	5:55	8:16	
21	Sun	12:37	6.1	3:10	4.5	7:43	-1.0	7:26	3.1	5:54	8:17	
22	Mon	1:13	5.9	4:02	4.5	8:24	-0.9	8:14	3.3	5:54	8:18	
23	Tue	1:51	5.6	4:55	4.4	9:07	-0.6	9:09	3.4	5:53	8:19	
24	Wed	2:34	5.3	5:47	4.4	9:53	-0.4	10:16	3.4	5:52	8:20	
25	Thu	3:22	4.9	6:37	4.4	10:43	-0.1	11:32	3.3	5:52	8:20	
26	Fri	4:18	4.5	7:19	4.5	11:34	0.2			5:51	8:21	
27	Sat	5:25	4.1	7:55	4.7	12:45	2.9	12:25	0.5	5:51	8:22	
28	Sun	6:40	3.9	8:25	4.9	1:47	2.5	1:13	0.8	5:50	8:23	
29	Mon	7:58	3.7	8:53	5.2	2:38	1.9	1:58	1.1	5:50	8:23	
30	Tue	9:12	3.7	9:21	5.5	3:22	1.3	2:39	1.5	5:49	8:24	
31	Wed	10:19	3.9	9:50	5.8	4:01	0.6	3:19	1.9	5:49	8:25	