
































Alcatraz Island, CA - Jun 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:21	4.1	10:22	6.1	4:39	0.0	4:00	2.3	5:49	8:25	
2	Fri			12:17	4.3	5:17	-0.6	4:41	2.6	5:48	8:26	
3	Sat			1:11	4.5	5:57	-1.1	5:24	2.9	5:48	8:27	
4	Sun			2:03	4.6	6:39	-1.4	6:10	3.1	5:48	8:27	
5	Mon	12:17	6.6	2:55	4.7	7:25	-1.6	7:00	3.2	5:47	8:28	
6	Tue	1:04	6.5	3:46	4.7	8:14	-1.6	7:56	3.3	5:47	8:29	
7	Wed	1:55	6.3	4:38	4.8	9:05	-1.5	9:01	3.2	5:47	8:29	
8	Thu	2:52	6.0	5:29	4.9	9:59	-1.2	10:18	3.0	5:47	8:30	
9	Fri	3:55	5.4	6:18	5.1	10:53	-0.8	11:43	2.6	5:47	8:30	
10	Sat	5:08	4.9	7:05	5.4	11:48	-0.2			5:47	8:31	
11	Sun	6:31	4.3	7:48	5.7	1:03	2.0	12:43	0.3	5:47	8:31	
12	Mon	7:59	4.0	8:29	6.0	2:12	1.3	1:36	1.0	5:46	8:32	
13	Tue	9:23	4.0	9:08	6.3	3:11	0.5	2:27	1.6	5:46	8:32	
14	Wed	10:38	4.1	9:46	6.4	4:03	-0.1	3:16	2.1	5:46	8:33	
15	Thu	11:42	4.3	10:23	6.4	4:49	-0.5	4:05	2.6	5:47	8:33	
16	Fri			12:39	4.5	5:31	-0.8	4:53	2.9	5:47	8:33	
17	Sat			1:29	4.6	6:10	-1.0	5:39	3.2	5:47	8:34	
18	Sun			2:15	4.7	6:49	-1.0	6:24	3.3	5:47	8:34	
19	Mon	12:13	6.1	2:58	4.7	7:26	-0.9	7:09	3.4	5:47	8:34	
20	Tue	12:51	5.9	3:38	4.6	8:04	-0.8	7:54	3.4	5:47	8:34	
21	Wed	1:30	5.7	4:16	4.6	8:41	-0.6	8:43	3.3	5:47	8:35	
22	Thu	2:10	5.4	4:53	4.6	9:19	-0.4	9:37	3.2	5:48	8:35	
23	Fri	2:53	5.0	5:29	4.6	9:58	-0.1	10:39	3.1	5:48	8:35	
24	Sat	3:42	4.6	6:03	4.8	10:37	0.3	11:47	2.8	5:48	8:35	
25	Sun	4:41	4.1	6:37	5.0	11:18	0.7			5:48	8:35	
26	Mon	5:55	3.7	7:11	5.3	12:53	2.3	12:02	1.2	5:49	8:35	
27	Tue	7:24	3.5	7:46	5.6	1:51	1.7	12:49	1.8	5:49	8:35	
28	Wed	8:56	3.6	8:22	5.9	2:42	1.1	1:39	2.2	5:50	8:35	
29	Thu	10:16	3.8	9:00	6.2	3:27	0.4	2:30	2.7	5:50	8:35	
30	Fri	11:21	4.1	9:42	6.5	4:11	-0.2	3:22	3.0	5:50	8:35	