


































## Alcatraz Island, CA - May 2024

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Wed | 5:23  | 4.9 | 8:16  | 4.5 |       |      | 12:38 | -0.4 | 6:12  | 8:00 |    |
| 2    | Thu | 6:46  | 4.8 | 8:54  | 4.9 | 1:22  | 2.8  | 1:37  | -0.3 | 6:11  | 8:01 |    |
| 3    | Fri | 8:07  | 4.7 | 9:29  | 5.3 | 2:28  | 2.0  | 2:30  | -0.1 | 6:10  | 8:02 |    |
| 4    | Sat | 9:21  | 4.7 | 10:02 | 5.7 | 3:23  | 1.2  | 3:18  | 0.3  | 6:09  | 8:03 |    |
| 5    | Sun | 10:30 | 4.7 | 10:36 | 6.1 | 4:14  | 0.3  | 4:02  | 0.7  | 6:08  | 8:04 |    |
| 6    | Mon | 11:34 | 4.8 | 11:11 | 6.4 | 5:02  | -0.5 | 4:46  | 1.2  | 6:07  | 8:05 |    |
| 7    | Tue |       |     | 12:36 | 4.8 | 5:49  | -1.0 | 5:30  | 1.8  | 6:06  | 8:06 |    |
| 8    | Wed |       |     | 1:35  | 4.8 | 6:35  | -1.4 | 6:15  | 2.3  | 6:05  | 8:07 |    |
| 9    | Thu | 12:25 | 6.6 | 2:34  | 4.7 | 7:21  | -1.5 | 7:02  | 2.7  | 6:04  | 8:07 |    |
| 10   | Fri | 1:05  | 6.4 | 3:33  | 4.7 | 8:09  | -1.4 | 7:54  | 3.0  | 6:03  | 8:08 |    |
| 11   | Sat | 1:48  | 6.1 | 4:34  | 4.6 | 8:58  | -1.1 | 8:53  | 3.2  | 6:02  | 8:09 |    |
| 12   | Sun | 2:35  | 5.7 | 5:36  | 4.5 | 9:51  | -0.8 | 10:04 | 3.3  | 6:01  | 8:10 |   |
| 13   | Mon | 3:27  | 5.2 | 6:36  | 4.5 | 10:47 | -0.4 | 11:25 | 3.2  | 6:00  | 8:11 |  |
| 14   | Tue | 4:26  | 4.7 | 7:30  | 4.6 | 11:46 | -0.1 |       |      | 5:59  | 8:12 |  |
| 15   | Wed | 5:36  | 4.3 | 8:13  | 4.7 | 12:44 | 2.9  | 12:43 | 0.3  | 5:58  | 8:13 |  |
| 16   | Thu | 6:52  | 4.0 | 8:48  | 4.9 | 1:50  | 2.5  | 1:35  | 0.6  | 5:58  | 8:14 |  |
| 17   | Fri | 8:08  | 3.8 | 9:16  | 5.0 | 2:45  | 1.9  | 2:20  | 0.9  | 5:57  | 8:14 |  |
| 18   | Sat | 9:18  | 3.8 | 9:42  | 5.3 | 3:31  | 1.4  | 2:59  | 1.2  | 5:56  | 8:15 |  |
| 19   | Sun | 10:20 | 3.9 | 10:06 | 5.5 | 4:11  | 0.8  | 3:36  | 1.6  | 5:55  | 8:16 |  |
| 20   | Mon | 11:16 | 4.0 | 10:31 | 5.7 | 4:47  | 0.3  | 4:10  | 2.0  | 5:55  | 8:17 |  |
| 21   | Tue |       |     | 12:08 | 4.1 | 5:21  | -0.1 | 4:44  | 2.4  | 5:54  | 8:18 |  |
| 22   | Wed |       |     | 12:57 | 4.2 | 5:54  | -0.5 | 5:19  | 2.7  | 5:53  | 8:19 |  |
| 23   | Thu |       |     | 1:45  | 4.3 | 6:28  | -0.8 | 5:56  | 3.0  | 5:53  | 8:19 |  |
| 24   | Fri | 12:01 | 6.0 | 2:32  | 4.4 | 7:05  | -1.0 | 6:34  | 3.2  | 5:52  | 8:20 |  |
| 25   | Sat | 12:37 | 6.1 | 3:21  | 4.4 | 7:45  | -1.1 | 7:17  | 3.3  | 5:51  | 8:21 |  |
| 26   | Sun | 1:18  | 6.0 | 4:11  | 4.4 | 8:30  | -1.2 | 8:07  | 3.4  | 5:51  | 8:22 |  |
| 27   | Mon | 2:04  | 5.8 | 5:02  | 4.4 | 9:18  | -1.1 | 9:08  | 3.4  | 5:50  | 8:22 |  |
| 28   | Tue | 2:56  | 5.6 | 5:51  | 4.6 | 10:10 | -0.9 | 10:24 | 3.2  | 5:50  | 8:23 |  |
| 29   | Wed | 3:58  | 5.2 | 6:38  | 4.8 | 11:04 | -0.6 | 11:50 | 2.8  | 5:50  | 8:24 |  |
| 30   | Thu | 5:11  | 4.7 | 7:21  | 5.1 | 11:59 | -0.3 |       |      | 5:49  | 8:25 |  |
| 31   | Fri | 6:35  | 4.3 | 8:01  | 5.5 | 1:08  | 2.2  | 12:54 | 0.2  | 5:49  | 8:25 |  |