



























Alcatraz Island, CA - Sep 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:29	5.1	5:34	-0.1	5:32	2.4	6:40	7:38	
2	Mon			12:56	5.1	6:06	0.0	6:09	2.1	6:41	7:36	
3	Tue	12:06	5.7	1:19	5.2	6:35	0.3	6:45	1.9	6:42	7:35	
4	Wed	12:45	5.5	1:41	5.2	7:01	0.6	7:20	1.6	6:42	7:33	
5	Thu	1:24	5.2	2:03	5.3	7:27	1.0	7:56	1.5	6:43	7:32	
6	Fri	2:06	4.9	2:25	5.4	7:53	1.5	8:34	1.3	6:44	7:30	
7	Sat	2:52	4.5	2:50	5.5	8:20	2.0	9:17	1.2	6:45	7:29	
8	Sun	3:46	4.2	3:21	5.5	8:49	2.5	10:07	1.1	6:46	7:27	
9	Mon	4:58	3.9	3:59	5.5	9:23	3.0	11:07	1.0	6:47	7:26	
10	Tue	6:38	3.8	4:49	5.4	10:12	3.5			6:48	7:24	
11	Wed	8:29	4.0	5:54	5.4	12:19	0.9	11:39 AM	3.7	6:48	7:23	
12	Thu	9:31	4.2	7:05	5.6	1:31	0.6	1:18	3.7	6:49	7:21	
13	Fri	10:10	4.5	8:13	5.8	2:33	0.2	2:27	3.4	6:50	7:20	
14	Sat	10:42	4.7	9:14	6.1	3:25	-0.2	3:21	3.0	6:51	7:18	
15	Sun	11:12	5.0	10:11	6.3	4:10	-0.4	4:10	2.4	6:52	7:16	
16	Mon	11:42	5.3	11:06	6.4	4:52	-0.5	4:57	1.8	6:53	7:15	
17	Tue			12:13	5.6	5:31	-0.4	5:45	1.1	6:53	7:13	
18	Wed	12:01	6.2	12:45	6.0	6:10	0.0	6:34	0.5	6:54	7:12	
19	Thu	12:57	6.0	1:18	6.3	6:49	0.5	7:24	0.1	6:55	7:10	
20	Fri	1:56	5.6	1:54	6.5	7:29	1.2	8:17	-0.2	6:56	7:09	
21	Sat	2:59	5.2	2:33	6.5	8:11	1.9	9:14	-0.2	6:57	7:07	
22	Sun	4:10	4.8	3:17	6.4	8:58	2.6	10:17	-0.1	6:58	7:06	
23	Mon	5:32	4.5	4:10	6.1	9:58	3.1	11:29	0.0	6:59	7:04	
24	Tue	7:03	4.5	5:13	5.8	11:19	3.5			6:59	7:02	
25	Wed	8:23	4.7	6:27	5.6	12:46	0.1	12:53	3.5	7:00	7:01	
26	Thu	9:22	4.9	7:42	5.5	1:58	0.2	2:11	3.2	7:01	6:59	
27	Fri	10:06	5.0	8:48	5.4	2:57	0.2	3:10	2.8	7:02	6:58	
28	Sat	10:43	5.2	9:44	5.4	3:45	0.2	3:58	2.4	7:03	6:56	
29	Sun	11:13	5.2	10:32	5.4	4:24	0.3	4:40	1.9	7:04	6:55	
30	Mon	11:39	5.3	11:17	5.3	4:57	0.5	5:17	1.6	7:05	6:53	