


















Alcatraz Island, CA - Jun 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:48	5.2	6:21	4.9	10:52	-0.5	11:44	2.7	5:48	8:26	
2	Mon	4:53	4.6	7:08	5.0	11:45	0.0			5:48	8:26	
3	Tue	6:07	4.1	7:49	5.2	12:58	2.3	12:37	0.6	5:48	8:27	
4	Wed	7:30	3.7	8:24	5.4	2:03	1.7	1:25	1.1	5:48	8:28	
5	Thu	8:54	3.6	8:56	5.5	2:58	1.2	2:12	1.6	5:47	8:28	
6	Fri	10:09	3.7	9:25	5.7	3:44	0.6	2:55	2.1	5:47	8:29	
7	Sat	11:12	3.9	9:54	5.8	4:25	0.2	3:37	2.5	5:47	8:29	
8	Sun			12:05	4.1	5:01	-0.2	4:17	2.9	5:47	8:30	
9	Mon			12:52	4.2	5:36	-0.4	4:56	3.1	5:47	8:30	
10	Tue			1:35	4.3	6:10	-0.6	5:34	3.3	5:47	8:31	
11	Wed			2:15	4.4	6:44	-0.8	6:13	3.4	5:46	8:31	
12	Thu	12:08	6.0	2:53	4.4	7:20	-0.9	6:52	3.4	5:46	8:32	
13	Fri	12:47	6.0	3:32	4.5	7:57	-0.9	7:35	3.4	5:46	8:32	
14	Sat	1:27	5.8	4:10	4.5	8:36	-0.9	8:24	3.3	5:46	8:33	
15	Sun	2:11	5.6	4:49	4.6	9:17	-0.8	9:23	3.2	5:47	8:33	
16	Mon	3:00	5.3	5:27	4.8	10:00	-0.6	10:32	2.9	5:47	8:33	
17	Tue	3:58	4.8	6:05	5.1	10:45	-0.2	11:47	2.4	5:47	8:34	
18	Wed	5:11	4.3	6:44	5.4	11:33	0.4			5:47	8:34	
19	Thu	6:39	3.9	7:23	5.8	1:00	1.7	12:24	1.0	5:47	8:34	
20	Fri	8:14	3.8	8:04	6.2	2:05	0.9	1:18	1.7	5:47	8:35	
21	Sat	9:43	3.9	8:47	6.6	3:02	0.1	2:13	2.2	5:47	8:35	
22	Sun	10:59	4.2	9:33	6.9	3:56	-0.6	3:10	2.7	5:48	8:35	
23	Mon			12:02	4.5	4:47	-1.2	4:07	3.0	5:48	8:35	
24	Tue			12:57	4.7	5:36	-1.5	5:03	3.1	5:48	8:35	
25	Wed			1:47	4.9	6:25	-1.7	5:59	3.1	5:49	8:35	
26	Thu	12:02	6.9	2:33	5.0	7:12	-1.6	6:55	3.1	5:49	8:35	
27	Fri	12:52	6.7	3:18	5.0	7:59	-1.4	7:53	3.0	5:49	8:35	
28	Sat	1:42	6.2	4:01	5.1	8:43	-1.1	8:53	2.8	5:50	8:35	
29	Sun	2:32	5.7	4:43	5.1	9:26	-0.6	9:57	2.7	5:50	8:35	
30	Mon	3:24	5.1	5:23	5.2	10:09	-0.1	11:05	2.4	5:51	8:35	