



Alcatraz Island, CA - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			1:17	4.4	6:25	-0.5	6:01	2.3	6:13	8:00	☉
2	Sat	12:08	5.8	2:04	4.3	6:58	-0.6	6:35	2.7	6:12	8:01	☉
3	Sun	12:35	5.7	2:51	4.3	7:33	-0.6	7:11	3.0	6:10	8:02	☉
4	Mon	1:05	5.6	3:39	4.2	8:09	-0.6	7:48	3.2	6:09	8:03	☉
5	Tue	1:39	5.5	4:30	4.1	8:49	-0.4	8:31	3.3	6:08	8:03	☉
6	Wed	2:18	5.3	5:24	4.0	9:33	-0.3	9:24	3.4	6:07	8:04	☾
7	Thu	3:04	5.0	6:20	4.1	10:23	-0.1	10:38	3.4	6:06	8:05	☾
8	Fri	3:58	4.7	7:09	4.2	11:17	0.0			6:05	8:06	☾
9	Sat	5:02	4.4	7:48	4.4	12:03	3.2	12:12	0.2	6:04	8:07	☾
10	Sun	6:16	4.2	8:21	4.7	1:16	2.8	1:04	0.3	6:03	8:08	☾
11	Mon	7:34	4.1	8:52	5.0	2:13	2.2	1:53	0.5	6:02	8:09	☾
12	Tue	8:50	4.1	9:22	5.4	3:01	1.4	2:38	0.9	6:01	8:10	☾
13	Wed	10:00	4.2	9:53	5.8	3:45	0.6	3:21	1.3	6:00	8:11	☾
14	Thu	11:05	4.4	10:27	6.2	4:28	-0.2	4:04	1.7	6:00	8:11	☾
15	Fri			12:07	4.6	5:12	-0.9	4:49	2.1	5:59	8:12	☾
16	Sat			1:06	4.7	5:58	-1.4	5:35	2.5	5:58	8:13	☾
17	Sun			2:04	4.7	6:46	-1.8	6:24	2.8	5:57	8:14	☾
18	Mon	12:31	6.8	3:01	4.7	7:36	-1.9	7:17	3.0	5:56	8:15	☾
19	Tue	1:21	6.7	3:58	4.7	8:29	-1.8	8:17	3.0	5:56	8:16	☾
20	Wed	2:15	6.3	4:56	4.7	9:25	-1.5	9:27	3.0	5:55	8:17	☾
21	Thu	3:14	5.9	5:52	4.8	10:22	-1.1	10:49	2.9	5:54	8:17	☾
22	Fri	4:20	5.3	6:46	5.0	11:21	-0.6			5:54	8:18	☾
23	Sat	5:34	4.7	7:35	5.2	12:14	2.5	12:19	-0.1	5:53	8:19	☾
24	Sun	6:55	4.2	8:18	5.5	1:30	1.9	1:13	0.4	5:52	8:20	☾
25	Mon	8:19	4.0	8:56	5.7	2:35	1.3	2:04	1.0	5:52	8:21	☾
26	Tue	9:37	3.9	9:30	5.8	3:29	0.7	2:50	1.5	5:51	8:21	☾
27	Wed	10:45	4.0	10:02	5.9	4:15	0.2	3:34	2.0	5:51	8:22	☉
28	Thu	11:44	4.1	10:32	6.0	4:56	-0.2	4:16	2.4	5:50	8:23	☉
29	Fri			12:37	4.3	5:33	-0.5	4:56	2.8	5:50	8:24	☉
30	Sat			1:24	4.4	6:07	-0.7	5:35	3.1	5:49	8:24	☉
31	Sun			2:07	4.4	6:41	-0.7	6:13	3.2	5:49	8:25	☉