











Alcatraz Island, CA - May 2028

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 4:39 | 5.1 | 7:20 | 4.5 | 11:44 | -0.4 | | | 6:12 | 8:00 |  |
| 2 | Tue | 5:57 | 4.8 | 8:06 | 4.9 | 12:27 | 2.7 | 12:46 | -0.2 | 6:11 | 8:01 |  |
| 3 | Wed | 7:20 | 4.6 | 8:46 | 5.3 | 1:43 | 2.0 | 1:43 | 0.1 | 6:10 | 8:02 |  |
| 4 | Thu | 8:40 | 4.5 | 9:25 | 5.7 | 2:45 | 1.2 | 2:35 | 0.5 | 6:09 | 8:03 |  |
| 5 | Fri | 9:53 | 4.5 | 10:02 | 6.1 | 3:40 | 0.4 | 3:23 | 0.9 | 6:08 | 8:04 |  |
| 6 | Sat | 11:00 | 4.6 | 10:39 | 6.3 | 4:30 | -0.3 | 4:10 | 1.4 | 6:07 | 8:05 |  |
| 7 | Sun | | | 12:02 | 4.7 | 5:17 | -0.9 | 4:56 | 1.8 | 6:06 | 8:06 |  |
| 8 | Mon | | | 12:59 | 4.7 | 6:03 | -1.3 | 5:42 | 2.2 | 6:05 | 8:07 |  |
| 9 | Tue | | | 1:55 | 4.7 | 6:47 | -1.4 | 6:29 | 2.5 | 6:04 | 8:08 |  |
| 10 | Wed | 12:35 | 6.4 | 2:49 | 4.7 | 7:32 | -1.4 | 7:18 | 2.8 | 6:03 | 8:08 |  |
| 11 | Thu | 1:17 | 6.1 | 3:42 | 4.6 | 8:18 | -1.2 | 8:10 | 3.0 | 6:02 | 8:09 |  |
| 12 | Fri | 2:00 | 5.8 | 4:36 | 4.5 | 9:04 | -0.9 | 9:09 | 3.1 | 6:01 | 8:10 |  |
| 13 | Sat | 2:47 | 5.4 | 5:30 | 4.5 | 9:53 | -0.5 | 10:17 | 3.1 | 6:00 | 8:11 |  |
| 14 | Sun | 3:38 | 4.9 | 6:22 | 4.5 | 10:44 | -0.2 | 11:34 | 2.9 | 5:59 | 8:12 |  |
| 15 | Mon | 4:36 | 4.5 | 7:09 | 4.5 | 11:37 | 0.2 | | | 5:58 | 8:13 |  |
| 16 | Tue | 5:45 | 4.1 | 7:49 | 4.7 | 12:47 | 2.6 | 12:30 | 0.6 | 5:58 | 8:14 |  |
| 17 | Wed | 7:02 | 3.8 | 8:22 | 4.9 | 1:51 | 2.1 | 1:19 | 0.9 | 5:57 | 8:15 |  |
| 18 | Thu | 8:20 | 3.7 | 8:52 | 5.1 | 2:44 | 1.6 | 2:05 | 1.3 | 5:56 | 8:15 |  |
| 19 | Fri | 9:31 | 3.7 | 9:21 | 5.4 | 3:29 | 1.1 | 2:48 | 1.6 | 5:55 | 8:16 |  |
| 20 | Sat | 10:33 | 3.9 | 9:50 | 5.6 | 4:09 | 0.5 | 3:27 | 2.0 | 5:55 | 8:17 |  |
| 21 | Sun | 11:28 | 4.0 | 10:21 | 5.8 | 4:45 | 0.1 | 4:06 | 2.3 | 5:54 | 8:18 |  |
| 22 | Mon | | | 12:18 | 4.2 | 5:19 | -0.4 | 4:45 | 2.6 | 5:53 | 8:19 |  |
| 23 | Tue | | | 1:06 | 4.3 | 5:54 | -0.7 | 5:24 | 2.8 | 5:53 | 8:19 |  |
| 24 | Wed | | | 1:52 | 4.4 | 6:31 | -1.0 | 6:05 | 3.0 | 5:52 | 8:20 |  |
| 25 | Thu | 12:08 | 6.2 | 2:38 | 4.5 | 7:11 | -1.2 | 6:49 | 3.0 | 5:51 | 8:21 |  |
| 26 | Fri | 12:50 | 6.2 | 3:24 | 4.5 | 7:54 | -1.3 | 7:37 | 3.1 | 5:51 | 8:22 |  |
| 27 | Sat | 1:36 | 6.1 | 4:11 | 4.6 | 8:39 | -1.3 | 8:34 | 3.0 | 5:50 | 8:22 |  |
| 28 | Sun | 2:26 | 5.8 | 4:58 | 4.7 | 9:28 | -1.1 | 9:40 | 2.9 | 5:50 | 8:23 |  |
| 29 | Mon | 3:23 | 5.4 | 5:45 | 4.9 | 10:18 | -0.8 | 10:58 | 2.6 | 5:50 | 8:24 |  |
| 30 | Tue | 4:30 | 4.9 | 6:31 | 5.2 | 11:11 | -0.3 | | | 5:49 | 8:25 |  |
| 31 | Wed | 5:48 | 4.4 | 7:16 | 5.5 | 12:18 | 2.1 | 12:05 | 0.2 | 5:49 | 8:25 |  |