






























## Alcatraz Island, CA - May 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:47	6.4	4:00	4.7	8:43	-1.4	8:38	2.7	6:12	8:00	
2	Wed	2:37	6.0	5:01	4.6	9:37	-1.0	9:47	2.8	6:11	8:01	
3	Thu	3:33	5.5	6:03	4.6	10:35	-0.6	11:07	2.8	6:10	8:02	
4	Fri	4:35	5.0	7:02	4.7	11:35	-0.2			6:09	8:03	
5	Sat	5:46	4.5	7:54	4.8	12:29	2.5	12:35	0.2	6:08	8:04	
6	Sun	7:03	4.2	8:37	5.0	1:41	2.1	1:30	0.5	6:07	8:05	
7	Mon	8:20	4.0	9:12	5.2	2:41	1.6	2:20	0.9	6:06	8:05	
8	Tue	9:29	4.0	9:43	5.3	3:31	1.1	3:04	1.2	6:05	8:06	
9	Wed	10:29	4.0	10:10	5.5	4:13	0.6	3:44	1.6	6:04	8:07	
10	Thu	11:22	4.1	10:37	5.6	4:51	0.2	4:21	1.9	6:03	8:08	
11	Fri			12:10	4.2	5:25	-0.1	4:56	2.2	6:02	8:09	
12	Sat			12:55	4.3	5:57	-0.3	5:31	2.5	6:01	8:10	
13	Sun			1:37	4.3	6:29	-0.5	6:05	2.7	6:00	8:11	
14	Mon	12:05	5.8	2:20	4.3	7:02	-0.7	6:41	2.9	5:59	8:12	
15	Tue	12:40	5.8	3:02	4.3	7:37	-0.8	7:20	3.0	5:59	8:13	
16	Wed	1:16	5.7	3:47	4.3	8:16	-0.8	8:03	3.1	5:58	8:13	
17	Thu	1:57	5.6	4:33	4.3	8:58	-0.7	8:55	3.1	5:57	8:14	
18	Fri	2:42	5.3	5:20	4.4	9:43	-0.6	9:59	3.0	5:56	8:15	
19	Sat	3:36	5.0	6:07	4.6	10:33	-0.4	11:14	2.8	5:55	8:16	
20	Sun	4:40	4.7	6:52	4.9	11:26	-0.1			5:55	8:17	
21	Mon	5:58	4.3	7:34	5.2	12:32	2.3	12:21	0.3	5:54	8:18	
22	Tue	7:24	4.1	8:15	5.6	1:41	1.6	1:17	0.7	5:53	8:18	
23	Wed	8:48	4.1	8:56	6.0	2:40	0.7	2:11	1.2	5:53	8:19	
24	Thu	10:05	4.2	9:37	6.4	3:34	-0.1	3:03	1.6	5:52	8:20	
25	Fri	11:12	4.4	10:20	6.7	4:24	-0.8	3:55	2.0	5:52	8:21	
26	Sat			12:13	4.6	5:13	-1.3	4:47	2.3	5:51	8:22	
27	Sun			1:10	4.8	6:01	-1.6	5:39	2.5	5:51	8:22	
28	Mon			2:03	4.9	6:49	-1.7	6:32	2.7	5:50	8:23	
29	Tue	12:38	6.7	2:54	4.9	7:37	-1.6	7:28	2.8	5:50	8:24	
30	Wed	1:26	6.4	3:44	4.9	8:24	-1.4	8:27	2.8	5:49	8:24	
31	Thu	2:16	5.9	4:33	4.9	9:12	-1.0	9:32	2.8	5:49	8:25	