
































Alcatraz Island, CA - Jun 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:08	5.4	5:22	4.9	10:00	-0.6	10:43	2.6	5:48	8:26	
2	Sat	4:05	4.8	6:09	5.0	10:49	0.0	11:57	2.4	5:48	8:26	
3	Sun	5:10	4.2	6:53	5.1	11:39	0.5			5:48	8:27	
4	Mon	6:26	3.8	7:33	5.2	1:07	2.0	12:29	1.0	5:48	8:28	
5	Tue	7:51	3.6	8:09	5.4	2:09	1.5	1:20	1.5	5:47	8:28	
6	Wed	9:13	3.6	8:43	5.5	3:01	1.0	2:09	2.0	5:47	8:29	
7	Thu	10:22	3.8	9:17	5.7	3:46	0.5	2:55	2.4	5:47	8:29	
8	Fri	11:19	4.0	9:51	5.9	4:26	0.1	3:40	2.6	5:47	8:30	
9	Sat			12:07	4.2	5:02	-0.2	4:22	2.9	5:47	8:31	
10	Sun			12:50	4.3	5:37	-0.5	5:02	3.0	5:47	8:31	
11	Mon			1:29	4.4	6:11	-0.7	5:41	3.1	5:47	8:31	
12	Tue			2:07	4.5	6:45	-0.9	6:22	3.1	5:46	8:32	
13	Wed	12:19	6.1	2:45	4.6	7:21	-1.0	7:04	3.1	5:46	8:32	
14	Thu	12:59	6.0	3:22	4.7	7:58	-1.0	7:51	3.0	5:47	8:33	
15	Fri	1:42	5.8	4:00	4.8	8:37	-0.9	8:44	2.8	5:47	8:33	
16	Sat	2:30	5.5	4:39	5.0	9:18	-0.7	9:46	2.6	5:47	8:33	
17	Sun	3:24	5.1	5:19	5.2	10:01	-0.3	10:56	2.2	5:47	8:34	
18	Mon	4:29	4.6	6:01	5.5	10:48	0.3			5:47	8:34	
19	Tue	5:49	4.1	6:45	5.8	12:10	1.7	11:39 AM	0.9	5:47	8:34	
20	Wed	7:22	3.8	7:30	6.2	1:20	1.1	12:35	1.5	5:47	8:35	
21	Thu	8:54	3.8	8:18	6.5	2:24	0.3	1:35	2.0	5:47	8:35	
22	Fri	10:14	4.1	9:07	6.7	3:22	-0.3	2:36	2.4	5:48	8:35	
23	Sat	11:19	4.4	9:56	6.9	4:14	-0.9	3:35	2.7	5:48	8:35	
24	Sun			12:15	4.7	5:04	-1.2	4:32	2.8	5:48	8:35	
25	Mon			1:04	4.9	5:51	-1.4	5:28	2.8	5:49	8:35	
26	Tue			1:50	5.0	6:37	-1.4	6:22	2.8	5:49	8:35	
27	Wed	12:23	6.6	2:33	5.1	7:20	-1.3	7:15	2.7	5:49	8:35	
28	Thu	1:10	6.3	3:14	5.1	8:02	-1.0	8:10	2.6	5:50	8:35	
29	Fri	1:57	5.8	3:53	5.1	8:42	-0.6	9:06	2.5	5:50	8:35	
30	Sat	2:45	5.3	4:31	5.2	9:22	-0.2	10:07	2.4	5:51	8:35	