

































Alcatraz Island, CA - May 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed			12:40	4.5	5:56	-0.2	5:35	2.0	6:13	8:00	
2	Thu			1:24	4.4	6:29	-0.4	6:11	2.3	6:12	8:01	
3	Fri	12:13	5.7	2:07	4.4	7:02	-0.5	6:46	2.5	6:10	8:02	
4	Sat	12:43	5.6	2:49	4.3	7:35	-0.5	7:22	2.7	6:09	8:03	
5	Sun	1:16	5.6	3:32	4.3	8:10	-0.5	8:01	2.9	6:08	8:03	
6	Mon	1:51	5.4	4:18	4.2	8:49	-0.4	8:45	3.0	6:07	8:04	
7	Tue	2:31	5.2	5:07	4.2	9:31	-0.2	9:40	3.0	6:06	8:05	
8	Wed	3:17	4.9	5:57	4.2	10:18	-0.1	10:49	3.0	6:05	8:06	
9	Thu	4:12	4.6	6:45	4.4	11:09	0.1			6:04	8:07	
10	Fri	5:19	4.3	7:28	4.6	12:06	2.7	12:04	0.3	6:03	8:08	
11	Sat	6:35	4.1	8:08	5.0	1:15	2.3	12:58	0.5	6:02	8:09	
12	Sun	7:55	4.1	8:45	5.3	2:13	1.6	1:51	0.8	6:01	8:10	
13	Mon	9:11	4.2	9:22	5.7	3:04	0.9	2:41	1.1	6:00	8:11	
14	Tue	10:19	4.4	10:00	6.2	3:51	0.1	3:29	1.4	6:00	8:12	
15	Wed	11:22	4.6	10:40	6.5	4:38	-0.6	4:17	1.8	5:59	8:12	
16	Thu			12:21	4.7	5:25	-1.2	5:06	2.0	5:58	8:13	
17	Fri			1:17	4.9	6:13	-1.6	5:55	2.3	5:57	8:14	
18	Sat	12:09	6.8	2:12	4.9	7:02	-1.8	6:48	2.4	5:56	8:15	
19	Sun	12:58	6.7	3:06	4.9	7:52	-1.8	7:45	2.6	5:56	8:16	
20	Mon	1:49	6.5	4:01	4.9	8:44	-1.6	8:48	2.6	5:55	8:17	
21	Tue	2:44	6.0	4:56	5.0	9:37	-1.2	10:00	2.6	5:54	8:17	
22	Wed	3:44	5.5	5:50	5.1	10:32	-0.7	11:20	2.4	5:54	8:18	
23	Thu	4:50	4.9	6:43	5.2	11:28	-0.2			5:53	8:19	
24	Fri	6:06	4.3	7:33	5.4	12:39	2.0	12:25	0.4	5:52	8:20	
25	Sat	7:28	4.0	8:17	5.5	1:50	1.5	1:20	0.9	5:52	8:21	
26	Sun	8:49	3.9	8:56	5.7	2:50	1.0	2:12	1.4	5:51	8:21	
27	Mon	10:00	4.0	9:32	5.8	3:40	0.5	3:00	1.8	5:51	8:22	
28	Tue	11:01	4.1	10:05	5.8	4:24	0.1	3:45	2.1	5:50	8:23	
29	Wed	11:53	4.2	10:36	5.9	5:02	-0.2	4:27	2.4	5:50	8:24	
30	Thu			12:40	4.3	5:38	-0.4	5:07	2.7	5:49	8:24	
31	Fri			1:22	4.4	6:11	-0.5	5:45	2.8	5:49	8:25	