

































Alcatraz Island, CA - Sep 2030

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 2:36 | 5.1 | 2:44 | 6.1 | 8:08 | 1.4 | 9:01 | 0.6 | 6:40 | 7:39 |  |
| 2 | Mon | 3:36 | 4.7 | 3:25 | 6.2 | 8:50 | 1.9 | 10:00 | 0.5 | 6:40 | 7:37 |  |
| 3 | Tue | 4:48 | 4.4 | 4:15 | 6.2 | 9:39 | 2.5 | 11:08 | 0.4 | 6:41 | 7:36 |  |
| 4 | Wed | 6:14 | 4.2 | 5:15 | 6.1 | 10:43 | 2.9 | | | 6:42 | 7:34 |  |
| 5 | Thu | 7:42 | 4.3 | 6:24 | 6.1 | 12:24 | 0.3 | 12:05 | 3.1 | 6:43 | 7:33 |  |
| 6 | Fri | 8:54 | 4.5 | 7:36 | 6.1 | 1:37 | 0.1 | 1:31 | 3.0 | 6:44 | 7:31 |  |
| 7 | Sat | 9:48 | 4.8 | 8:43 | 6.2 | 2:41 | -0.1 | 2:42 | 2.7 | 6:45 | 7:30 |  |
| 8 | Sun | 10:33 | 5.1 | 9:45 | 6.2 | 3:35 | -0.2 | 3:41 | 2.2 | 6:45 | 7:28 |  |
| 9 | Mon | 11:12 | 5.4 | 10:40 | 6.1 | 4:22 | -0.2 | 4:33 | 1.8 | 6:46 | 7:26 |  |
| 10 | Tue | 11:47 | 5.6 | 11:32 | 6.0 | 5:03 | 0.0 | 5:21 | 1.4 | 6:47 | 7:25 |  |
| 11 | Wed | | | 12:21 | 5.8 | 5:42 | 0.2 | 6:05 | 1.0 | 6:48 | 7:23 |  |
| 12 | Thu | 12:22 | 5.8 | 12:52 | 5.8 | 6:18 | 0.6 | 6:48 | 0.8 | 6:49 | 7:22 |  |
| 13 | Fri | 1:10 | 5.5 | 1:23 | 5.9 | 6:54 | 1.1 | 7:29 | 0.7 | 6:50 | 7:20 |  |
| 14 | Sat | 1:58 | 5.2 | 1:53 | 5.8 | 7:30 | 1.5 | 8:11 | 0.7 | 6:50 | 7:19 |  |
| 15 | Sun | 2:47 | 4.8 | 2:24 | 5.8 | 8:06 | 2.0 | 8:55 | 0.7 | 6:51 | 7:17 |  |
| 16 | Mon | 3:41 | 4.5 | 2:58 | 5.6 | 8:46 | 2.5 | 9:43 | 0.8 | 6:52 | 7:16 |  |
| 17 | Tue | 4:43 | 4.2 | 3:38 | 5.5 | 9:31 | 2.9 | 10:38 | 0.9 | 6:53 | 7:14 |  |
| 18 | Wed | 5:58 | 4.1 | 4:27 | 5.3 | 10:30 | 3.2 | 11:44 | 1.0 | 6:54 | 7:12 |  |
| 19 | Thu | 7:21 | 4.1 | 5:27 | 5.1 | 11:49 | 3.3 | | | 6:55 | 7:11 |  |
| 20 | Fri | 8:29 | 4.2 | 6:34 | 5.1 | 12:53 | 1.0 | 1:08 | 3.3 | 6:56 | 7:09 |  |
| 21 | Sat | 9:15 | 4.4 | 7:40 | 5.1 | 1:54 | 0.9 | 2:11 | 3.0 | 6:56 | 7:08 |  |
| 22 | Sun | 9:50 | 4.6 | 8:39 | 5.3 | 2:44 | 0.7 | 3:01 | 2.6 | 6:57 | 7:06 |  |
| 23 | Mon | 10:19 | 4.9 | 9:33 | 5.4 | 3:26 | 0.6 | 3:43 | 2.2 | 6:58 | 7:05 |  |
| 24 | Tue | 10:47 | 5.1 | 10:23 | 5.5 | 4:03 | 0.5 | 4:22 | 1.7 | 6:59 | 7:03 |  |
| 25 | Wed | 11:15 | 5.4 | 11:12 | 5.6 | 4:37 | 0.6 | 5:00 | 1.2 | 7:00 | 7:02 |  |
| 26 | Thu | 11:44 | 5.7 | | | 5:11 | 0.7 | 5:39 | 0.7 | 7:01 | 7:00 |  |
| 27 | Fri | 12:01 | 5.5 | 12:14 | 6.0 | 5:46 | 1.0 | 6:20 | 0.3 | 7:02 | 6:58 |  |
| 28 | Sat | 12:52 | 5.4 | 12:48 | 6.2 | 6:22 | 1.3 | 7:04 | -0.1 | 7:02 | 6:57 |  |
| 29 | Sun | 1:45 | 5.3 | 1:24 | 6.4 | 7:01 | 1.7 | 7:51 | -0.3 | 7:03 | 6:55 |  |
| 30 | Mon | 2:42 | 5.0 | 2:05 | 6.4 | 7:43 | 2.2 | 8:43 | -0.4 | 7:04 | 6:54 |  |