

































Alcatraz Island, CA - May 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:54	4.5	11:36	5.5	5:29	0.3	5:15	1.5	6:13	8:00	
2	Tue			12:38	4.5	6:03	0.0	5:49	1.7	6:12	8:01	
3	Wed	12:03	5.6	1:19	4.5	6:35	-0.1	6:22	2.0	6:10	8:02	
4	Thu	12:31	5.6	2:00	4.4	7:07	-0.3	6:55	2.3	6:09	8:03	
5	Fri	1:00	5.5	2:42	4.4	7:40	-0.3	7:30	2.5	6:08	8:03	
6	Sat	1:32	5.4	3:26	4.3	8:15	-0.3	8:08	2.7	6:07	8:04	
7	Sun	2:07	5.3	4:14	4.3	8:54	-0.3	8:53	2.8	6:06	8:05	
8	Mon	2:47	5.1	5:06	4.3	9:38	-0.2	9:49	2.9	6:05	8:06	
9	Tue	3:35	4.9	6:00	4.3	10:28	-0.1	11:00	2.9	6:04	8:07	
10	Wed	4:33	4.6	6:53	4.5	11:23	0.1			6:03	8:08	
11	Thu	5:43	4.4	7:42	4.8	12:19	2.7	12:22	0.2	6:02	8:09	
12	Fri	7:01	4.3	8:26	5.1	1:29	2.2	1:20	0.3	6:01	8:10	
13	Sat	8:18	4.3	9:07	5.5	2:27	1.5	2:15	0.5	6:00	8:11	
14	Sun	9:29	4.5	9:47	5.9	3:19	0.8	3:06	0.7	6:00	8:12	
15	Mon	10:34	4.7	10:27	6.2	4:08	0.1	3:55	1.0	5:59	8:12	
16	Tue	11:35	4.9	11:08	6.5	4:55	-0.6	4:44	1.3	5:58	8:13	
17	Wed			12:33	5.0	5:43	-1.1	5:33	1.6	5:57	8:14	
18	Thu			1:29	5.1	6:31	-1.5	6:23	1.8	5:56	8:15	
19	Fri	12:37	6.7	2:25	5.1	7:20	-1.6	7:16	2.1	5:56	8:16	
20	Sat	1:24	6.5	3:21	5.1	8:10	-1.5	8:13	2.3	5:55	8:17	
21	Sun	2:13	6.2	4:17	5.0	9:02	-1.2	9:17	2.5	5:54	8:17	
22	Mon	3:07	5.7	5:15	5.0	9:55	-0.9	10:29	2.5	5:54	8:18	
23	Tue	4:05	5.2	6:13	5.1	10:52	-0.4	11:47	2.4	5:53	8:19	
24	Wed	5:11	4.7	7:08	5.2	11:50	0.1			5:52	8:20	
25	Thu	6:26	4.2	7:58	5.3	1:02	2.0	12:49	0.5	5:52	8:21	
26	Fri	7:44	4.0	8:41	5.4	2:08	1.6	1:44	0.9	5:51	8:21	
27	Sat	8:59	3.9	9:19	5.5	3:03	1.2	2:34	1.2	5:51	8:22	
28	Sun	10:03	4.0	9:53	5.6	3:51	0.7	3:19	1.6	5:50	8:23	
29	Mon	10:59	4.1	10:24	5.7	4:31	0.3	4:01	1.9	5:50	8:24	
30	Tue	11:48	4.2	10:54	5.8	5:08	0.0	4:40	2.1	5:49	8:24	
31	Wed			12:32	4.3	5:42	-0.2	5:17	2.4	5:49	8:25	