
































Alcatraz Island, CA - May 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:44	4.1	9:18	4.8	2:27	2.3	2:14	0.7	6:12	8:00	
2	Sat	8:49	4.2	9:49	5.0	3:15	1.8	2:59	0.7	6:11	8:01	
3	Sun	9:46	4.3	10:18	5.2	3:56	1.4	3:39	0.9	6:10	8:02	
4	Mon	10:38	4.4	10:47	5.4	4:32	0.9	4:16	1.0	6:09	8:03	
5	Tue	11:28	4.5	11:17	5.6	5:07	0.4	4:52	1.3	6:08	8:04	
6	Wed			12:15	4.6	5:41	0.0	5:28	1.5	6:07	8:05	
7	Thu			1:04	4.7	6:16	-0.4	6:06	1.8	6:06	8:05	
8	Fri	12:21	6.0	1:53	4.7	6:55	-0.7	6:46	2.0	6:05	8:06	
9	Sat	12:58	6.0	2:44	4.7	7:36	-0.9	7:30	2.3	6:04	8:07	
10	Sun	1:38	6.0	3:39	4.7	8:22	-1.0	8:19	2.5	6:03	8:08	
11	Mon	2:23	5.9	4:37	4.6	9:12	-1.0	9:18	2.7	6:02	8:09	
12	Tue	3:15	5.6	5:38	4.7	10:07	-0.8	10:30	2.7	6:01	8:10	
13	Wed	4:16	5.3	6:38	4.8	11:08	-0.6	11:54	2.6	6:00	8:11	
14	Thu	5:28	4.9	7:35	5.1			12:12	-0.3	5:59	8:12	
15	Fri	6:48	4.6	8:25	5.4	1:14	2.1	1:15	0.0	5:59	8:13	
16	Sat	8:08	4.5	9:10	5.7	2:22	1.5	2:13	0.3	5:58	8:13	
17	Sun	9:22	4.5	9:52	6.0	3:20	0.9	3:05	0.6	5:57	8:14	
18	Mon	10:28	4.6	10:31	6.1	4:11	0.2	3:54	1.0	5:56	8:15	
19	Tue	11:28	4.7	11:08	6.2	4:58	-0.3	4:40	1.3	5:55	8:16	
20	Wed			12:23	4.7	5:41	-0.6	5:24	1.7	5:55	8:17	
21	Thu			1:15	4.7	6:23	-0.8	6:08	2.1	5:54	8:18	
22	Fri	12:20	6.1	2:05	4.7	7:03	-0.9	6:52	2.4	5:53	8:18	
23	Sat	12:55	6.0	2:54	4.7	7:42	-0.8	7:37	2.6	5:53	8:19	
24	Sun	1:31	5.7	3:41	4.6	8:22	-0.7	8:25	2.8	5:52	8:20	
25	Mon	2:09	5.4	4:30	4.6	9:03	-0.5	9:19	3.0	5:52	8:21	
26	Tue	2:50	5.1	5:19	4.5	9:47	-0.2	10:22	3.0	5:51	8:22	
27	Wed	3:37	4.7	6:08	4.5	10:34	0.1	11:34	2.9	5:51	8:22	
28	Thu	4:32	4.3	6:54	4.6	11:24	0.4			5:50	8:23	
29	Fri	5:39	4.0	7:36	4.8	12:46	2.6	12:17	0.6	5:50	8:24	
30	Sat	6:54	3.8	8:14	5.0	1:47	2.2	1:09	0.9	5:49	8:24	
31	Sun	8:09	3.8	8:49	5.3	2:39	1.7	1:58	1.2	5:49	8:25	