



































Alcatraz Island, CA - Dec 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:25	6.1	8:39	4.3	12:38	1.5	2:08	0.3	7:06	4:50	
2	Sun	8:07	6.6	9:48	4.5	1:33	2.0	2:59	-0.5	7:07	4:50	
3	Mon	8:51	6.9	10:49	4.8	2:27	2.3	3:47	-1.1	7:08	4:50	
4	Tue	9:36	7.1	11:44	5.0	3:19	2.6	4:35	-1.5	7:09	4:50	
5	Wed	10:24	7.2			4:12	2.7	5:23	-1.7	7:10	4:50	
6	Thu	12:36	5.1	11:12 AM	7.1	5:05	2.8	6:11	-1.7	7:11	4:50	
7	Fri	1:26	5.2	12:02	6.8	6:00	2.8	6:59	-1.4	7:12	4:50	
8	Sat	2:15	5.2	12:53	6.4	6:58	2.8	7:46	-1.1	7:13	4:50	
9	Sun	3:03	5.2	1:46	5.8	8:01	2.8	8:34	-0.6	7:13	4:50	
10	Mon	3:51	5.2	2:43	5.1	9:11	2.6	9:22	0.0	7:14	4:50	
11	Tue	4:38	5.3	3:49	4.5	10:27	2.4	10:12	0.6	7:15	4:50	
12	Wed	5:24	5.4	5:06	4.0	11:41	2.0	11:04	1.2	7:16	4:51	
13	Thu	6:07	5.5	6:36	3.7			12:48	1.6	7:16	4:51	
14	Fri	6:48	5.6	8:04	3.8			1:45	1.1	7:17	4:51	
15	Sat	7:26	5.7	9:16	4.0	12:53	2.3	2:34	0.6	7:18	4:51	
16	Sun	8:02	5.9	10:13	4.2	1:44	2.6	3:15	0.2	7:18	4:52	
17	Mon	8:38	6.0	11:00	4.4	2:32	2.9	3:52	-0.1	7:19	4:52	
18	Tue	9:14	6.1	11:40	4.5	3:16	3.1	4:27	-0.3	7:20	4:52	
19	Wed	9:51	6.2			3:57	3.2	5:00	-0.5	7:20	4:53	
20	Thu	12:17	4.6	10:28 AM	6.2	4:36	3.2	5:33	-0.6	7:21	4:53	
21	Fri	12:51	4.7	11:05 AM	6.2	5:13	3.2	6:05	-0.7	7:21	4:54	
22	Sat	1:25	4.8	11:43 AM	6.1	5:52	3.1	6:39	-0.7	7:22	4:54	
23	Sun	1:59	4.8	12:23	5.9	6:34	3.0	7:14	-0.7	7:22	4:55	
24	Mon	2:33	4.9	1:07	5.6	7:21	2.9	7:51	-0.4	7:23	4:56	
25	Tue	3:09	5.1	1:56	5.2	8:16	2.7	8:30	-0.1	7:23	4:56	
26	Wed	3:46	5.3	2:55	4.6	9:19	2.4	9:13	0.5	7:23	4:57	
27	Thu	4:26	5.5	4:10	4.1	10:30	1.9	10:01	1.1	7:24	4:57	
28	Fri	5:09	5.8	5:43	3.8	11:44	1.3	10:56	1.7	7:24	4:58	
29	Sat	5:55	6.1	7:23	3.8			12:52	0.6	7:24	4:59	
30	Sun	6:45	6.4	8:48	4.1			1:53	-0.1	7:24	5:00	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Mon	7:36	6.7	9:52	4.5	1:04	2.7	2:48	-0.7	7:25	5:00	