

































Alcatraz Island, CA - Dec 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:08	5.4	4:34	4.6	11:03	2.2	10:52	0.5	7:06	4:50	
2	Mon	5:59	5.6	5:59	4.2			12:19	1.7	7:07	4:50	
3	Tue	6:47	5.8	7:25	4.1			1:25	1.1	7:08	4:50	
4	Wed	7:30	6.0	8:42	4.2	12:46	1.6	2:20	0.6	7:09	4:50	
5	Thu	8:10	6.1	9:46	4.3	1:39	2.0	3:07	0.2	7:10	4:50	
6	Fri	8:47	6.1	10:40	4.5	2:28	2.4	3:47	-0.1	7:11	4:50	
7	Sat	9:21	6.2	11:27	4.6	3:13	2.7	4:24	-0.4	7:12	4:50	
8	Sun	9:55	6.2			3:56	2.9	4:58	-0.5	7:12	4:50	
9	Mon	12:09	4.7	10:28 AM	6.1	4:36	3.0	5:31	-0.5	7:13	4:50	
10	Tue	12:47	4.7	11:02 AM	6.0	5:14	3.1	6:03	-0.5	7:14	4:50	
11	Wed	1:23	4.7	11:37 AM	5.9	5:52	3.1	6:35	-0.5	7:15	4:50	
12	Thu	1:57	4.7	12:14	5.7	6:31	3.1	7:08	-0.4	7:15	4:51	
13	Fri	2:31	4.7	12:52	5.5	7:13	3.1	7:43	-0.2	7:16	4:51	
14	Sat	3:06	4.8	1:34	5.1	8:00	3.0	8:19	0.0	7:17	4:51	
15	Sun	3:43	4.9	2:22	4.7	8:57	2.9	8:59	0.3	7:18	4:51	
16	Mon	4:21	5.0	3:21	4.3	10:02	2.6	9:43	0.8	7:18	4:52	
17	Tue	5:00	5.3	4:38	3.9	11:13	2.2	10:32	1.3	7:19	4:52	
18	Wed	5:42	5.5	6:10	3.7			12:19	1.6	7:19	4:52	
19	Thu	6:25	5.9	7:41	3.8			1:17	0.8	7:20	4:53	
20	Fri	7:10	6.2	8:59	4.1	12:27	2.2	2:10	0.1	7:21	4:53	
21	Sat	7:57	6.6	10:02	4.4	1:27	2.5	3:00	-0.6	7:21	4:54	
22	Sun	8:45	6.9	10:57	4.7	2:24	2.7	3:48	-1.2	7:22	4:54	
23	Mon	9:35	7.1	11:46	5.0	3:20	2.7	4:36	-1.5	7:22	4:55	
24	Tue	10:26	7.2			4:14	2.7	5:23	-1.7	7:22	4:55	
25	Wed	12:33	5.2	11:18 AM	7.1	5:09	2.6	6:10	-1.7	7:23	4:56	
26	Thu	1:18	5.3	12:10	6.8	6:05	2.5	6:56	-1.4	7:23	4:57	
27	Fri	2:03	5.4	1:03	6.3	7:04	2.3	7:42	-1.0	7:24	4:57	
28	Sat	2:47	5.5	2:00	5.7	8:08	2.2	8:28	-0.4	7:24	4:58	
29	Sun	3:32	5.6	3:01	5.0	9:17	2.0	9:15	0.3	7:24	4:59	
30	Mon	4:18	5.7	4:14	4.3	10:32	1.7	10:06	1.0	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Tue	5:06	5.8	5:39	3.9	11:47	1.4	11:05	1.6	7:24	5:00	