
































Alcatraz Island, CA - Sep 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon			12:40	5.9	5:59	-0.3	6:18	1.0	6:39	7:39	
2	Tue	12:36	6.2	1:17	6.1	6:40	0.1	7:08	0.7	6:40	7:37	
3	Wed	1:30	5.9	1:55	6.2	7:21	0.6	7:58	0.6	6:41	7:36	
4	Thu	2:24	5.5	2:33	6.2	8:03	1.1	8:49	0.6	6:42	7:34	
5	Fri	3:21	5.0	3:13	6.0	8:47	1.7	9:44	0.7	6:43	7:33	
6	Sat	4:25	4.6	3:56	5.8	9:36	2.3	10:45	0.8	6:44	7:31	
7	Sun	5:39	4.3	4:46	5.6	10:34	2.7	11:53	0.9	6:44	7:30	
8	Mon	7:04	4.2	5:43	5.4	11:47	3.0			6:45	7:28	
9	Tue	8:22	4.3	6:46	5.3	1:03	0.9	1:04	3.1	6:46	7:27	
10	Wed	9:20	4.5	7:50	5.3	2:06	0.8	2:10	3.0	6:47	7:25	
11	Thu	10:03	4.7	8:47	5.4	2:59	0.7	3:04	2.7	6:48	7:24	
12	Fri	10:37	4.8	9:37	5.5	3:42	0.6	3:49	2.4	6:49	7:22	
13	Sat	11:06	5.0	10:23	5.5	4:19	0.6	4:29	2.1	6:49	7:21	
14	Sun	11:32	5.1	11:06	5.5	4:52	0.6	5:05	1.8	6:50	7:19	
15	Mon	11:58	5.3	11:48	5.5	5:22	0.7	5:39	1.5	6:51	7:18	
16	Tue			12:24	5.5	5:51	0.8	6:13	1.2	6:52	7:16	
17	Wed	12:30	5.4	12:51	5.7	6:20	1.1	6:48	0.9	6:53	7:14	
18	Thu	1:14	5.2	1:20	5.8	6:52	1.4	7:27	0.6	6:54	7:13	
19	Fri	2:00	5.0	1:53	5.9	7:25	1.7	8:10	0.4	6:55	7:11	
20	Sat	2:52	4.8	2:29	6.0	8:02	2.1	8:58	0.3	6:55	7:10	
21	Sun	3:51	4.5	3:12	5.9	8:45	2.5	9:54	0.3	6:56	7:08	
22	Mon	5:00	4.3	4:04	5.9	9:39	2.8	10:58	0.3	6:57	7:07	
23	Tue	6:19	4.3	5:08	5.8	10:50	3.0			6:58	7:05	
24	Wed	7:36	4.4	6:21	5.7	12:10	0.3	12:17	3.0	6:59	7:03	
25	Thu	8:37	4.7	7:35	5.7	1:21	0.2	1:38	2.7	7:00	7:02	
26	Fri	9:27	5.1	8:45	5.8	2:23	0.1	2:45	2.2	7:01	7:00	
27	Sat	10:09	5.4	9:49	5.9	3:16	0.0	3:41	1.6	7:01	6:59	
28	Sun	10:47	5.7	10:47	5.9	4:04	0.1	4:32	1.0	7:02	6:57	
29	Mon	11:24	6.0	11:42	5.8	4:48	0.3	5:20	0.5	7:03	6:56	
30	Tue			12:00	6.2	5:29	0.7	6:06	0.2	7:04	6:54	