















Alcatraz Island, CA - Jun 2040

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:48	5.1	7:06	5.2	11:43	-0.5			5:48	8:26	
2	Sat	6:07	4.6	7:54	5.4	12:46	2.4	12:41	0.0	5:48	8:27	
3	Sun	7:30	4.3	8:37	5.7	1:59	1.8	1:36	0.5	5:48	8:27	
4	Mon	8:52	4.1	9:15	5.9	3:00	1.1	2:26	1.0	5:47	8:28	
5	Tue	10:06	4.1	9:50	6.1	3:52	0.5	3:13	1.5	5:47	8:29	
6	Wed	11:11	4.2	10:23	6.2	4:38	0.0	3:58	2.0	5:47	8:29	
7	Thu			12:08	4.3	5:18	-0.4	4:40	2.4	5:47	8:30	
8	Fri			1:00	4.4	5:55	-0.6	5:22	2.8	5:47	8:30	
9	Sat			1:48	4.5	6:31	-0.7	6:03	3.1	5:47	8:31	
10	Sun			2:32	4.5	7:05	-0.8	6:44	3.2	5:47	8:31	
11	Mon	12:30	5.9	3:14	4.5	7:40	-0.7	7:25	3.3	5:47	8:32	
12	Tue	1:06	5.7	3:55	4.5	8:16	-0.6	8:09	3.4	5:47	8:32	
13	Wed	1:44	5.5	4:35	4.5	8:54	-0.5	8:57	3.4	5:47	8:32	
14	Thu	2:25	5.3	5:15	4.5	9:34	-0.3	9:55	3.3	5:47	8:33	
15	Fri	3:10	4.9	5:54	4.6	10:16	-0.1	11:02	3.1	5:47	8:33	
16	Sat	4:03	4.5	6:32	4.8	11:00	0.2			5:47	8:34	
17	Sun	5:07	4.2	7:08	5.0	12:13	2.8	11:47 AM	0.6	5:47	8:34	
18	Mon	6:25	3.9	7:44	5.3	1:17	2.3	12:35	1.0	5:47	8:34	
19	Tue	7:52	3.7	8:19	5.7	2:12	1.6	1:25	1.4	5:47	8:34	
20	Wed	9:16	3.8	8:55	6.1	3:01	0.9	2:15	1.9	5:47	8:35	
21	Thu	10:30	4.1	9:33	6.4	3:47	0.1	3:05	2.3	5:48	8:35	
22	Fri	11:35	4.3	10:15	6.7	4:32	-0.6	3:55	2.6	5:48	8:35	
23	Sat			12:33	4.6	5:19	-1.2	4:46	2.9	5:48	8:35	
24	Sun			1:26	4.8	6:06	-1.6	5:39	3.0	5:48	8:35	
25	Mon			2:16	4.9	6:55	-1.8	6:34	3.0	5:49	8:35	
26	Tue	12:40	7.0	3:05	5.0	7:45	-1.8	7:32	3.0	5:49	8:35	
27	Wed	1:34	6.7	3:54	5.1	8:35	-1.6	8:35	2.9	5:50	8:35	
28	Thu	2:30	6.3	4:42	5.2	9:25	-1.2	9:46	2.7	5:50	8:35	
29	Fri	3:30	5.7	5:30	5.4	10:16	-0.7	11:03	2.4	5:50	8:35	
30	Sat	4:36	5.0	6:17	5.6	11:08	0.0			5:51	8:35	