

































## Alcatraz Island, CA - Jan 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:56	6.9	11:35	4.8	2:46	3.3	4:12	-1.3	7:25	5:01	
2	Mon	9:47	7.1			3:41	3.2	4:59	-1.7	7:25	5:02	
3	Tue	12:19	5.0	10:39 AM	7.2	4:34	3.1	5:46	-1.8	7:25	5:03	
4	Wed	1:01	5.1	11:32 AM	7.1	5:29	2.8	6:31	-1.7	7:25	5:04	
5	Thu	1:42	5.3	12:25	6.7	6:26	2.6	7:16	-1.4	7:25	5:05	
6	Fri	2:23	5.4	1:20	6.2	7:26	2.3	8:00	-0.9	7:25	5:06	
7	Sat	3:05	5.6	2:19	5.5	8:31	2.1	8:44	-0.2	7:25	5:07	
8	Sun	3:47	5.7	3:26	4.7	9:43	1.8	9:30	0.6	7:25	5:08	
9	Mon	4:31	5.9	4:47	4.0	10:58	1.4	10:19	1.5	7:25	5:09	
10	Tue	5:17	6.0	6:27	3.7			12:13	1.0	7:24	5:09	
11	Wed	6:05	6.1	8:09	3.8			1:20	0.5	7:24	5:10	
12	Thu	6:54	6.1	9:28	4.1	12:22	2.8	2:19	0.1	7:24	5:11	
13	Fri	7:43	6.1	10:24	4.4	1:30	3.1	3:09	-0.2	7:24	5:12	
14	Sat	8:29	6.1	11:09	4.6	2:30	3.3	3:52	-0.4	7:23	5:13	
15	Sun	9:13	6.1	11:47	4.7	3:22	3.3	4:30	-0.5	7:23	5:15	
16	Mon	9:54	6.1			4:06	3.3	5:05	-0.5	7:23	5:16	
17	Tue	12:20	4.7	10:32 AM	6.1	4:46	3.1	5:36	-0.6	7:22	5:17	
18	Wed	12:48	4.7	11:09 AM	6.0	5:22	3.0	6:06	-0.5	7:22	5:18	
19	Thu	1:15	4.8	11:45 AM	5.8	5:58	2.8	6:35	-0.4	7:21	5:19	
20	Fri	1:39	4.8	12:21	5.6	6:34	2.7	7:02	-0.2	7:21	5:20	
21	Sat	2:04	4.9	12:59	5.2	7:14	2.5	7:31	0.1	7:20	5:21	
22	Sun	2:30	5.1	1:41	4.8	7:58	2.3	8:00	0.6	7:20	5:22	
23	Mon	2:58	5.2	2:31	4.3	8:48	2.1	8:32	1.1	7:19	5:23	
24	Tue	3:29	5.4	3:38	3.8	9:47	1.8	9:09	1.8	7:18	5:24	
25	Wed	4:06	5.6	5:14	3.5	10:54	1.4	9:54	2.4	7:18	5:25	
26	Thu	4:49	5.8	7:13	3.5			12:06	0.9	7:17	5:26	
27	Fri	5:42	6.0	8:48	3.9			1:14	0.3	7:16	5:28	
28	Sat	6:42	6.2	9:48	4.2	12:15	3.3	2:14	-0.3	7:16	5:29	
29	Sun	7:43	6.5	10:33	4.6	1:32	3.4	3:08	-0.9	7:15	5:30	
30	Mon	8:43	6.8	11:13	4.8	2:37	3.2	3:58	-1.3	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
<b>31</b>	Tue	<b>9:40</b>	7.0	<b>11:50</b>	5.1	<b>3:35</b>	2.9	<b>4:44</b>	-1.5	7:13	5:32	