






























Alcatraz Island, CA - Feb 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	10:34	7.0			4:29	2.5	5:27	-1.5	7:12	5:33	
2	Thu	12:27	5.3	11:27 AM	6.8	5:22	2.1	6:08	-1.3	7:11	5:34	
3	Fri	1:03	5.5	12:20	6.4	6:16	1.7	6:48	-0.8	7:11	5:35	
4	Sat	1:39	5.8	1:15	5.8	7:11	1.3	7:28	-0.2	7:10	5:37	
5	Sun	2:15	5.9	2:13	5.1	8:09	1.1	8:07	0.6	7:09	5:38	
6	Mon	2:53	6.0	3:19	4.4	9:11	0.9	8:49	1.4	7:08	5:39	
7	Tue	3:34	6.0	4:41	3.9	10:19	0.8	9:37	2.2	7:07	5:40	
8	Wed	4:19	5.9	6:28	3.7	11:32	0.7	10:40	2.9	7:06	5:41	
9	Thu	5:12	5.7	8:11	3.9			12:45	0.5	7:05	5:42	
10	Fri	6:11	5.6	9:20	4.2	12:02	3.3	1:50	0.3	7:03	5:43	
11	Sat	7:11	5.6	10:06	4.5	1:22	3.4	2:44	0.1	7:02	5:44	
12	Sun	8:07	5.7	10:43	4.6	2:24	3.3	3:29	-0.1	7:01	5:45	
13	Mon	8:56	5.8	11:13	4.7	3:14	3.1	4:07	-0.2	7:00	5:46	
14	Tue	9:40	5.8	11:40	4.7	3:55	2.8	4:40	-0.3	6:59	5:48	
15	Wed	10:20	5.8			4:31	2.6	5:09	-0.3	6:58	5:49	
16	Thu	12:03	4.8	10:57 AM	5.7	5:05	2.3	5:35	-0.2	6:57	5:50	
17	Fri	12:25	4.9	11:35 AM	5.5	5:39	2.1	6:01	0.0	6:55	5:51	
18	Sat	12:46	5.1	12:13	5.3	6:13	1.8	6:26	0.3	6:54	5:52	
19	Sun	1:09	5.2	12:53	5.0	6:49	1.5	6:53	0.7	6:53	5:53	
20	Mon	1:33	5.4	1:39	4.6	7:29	1.3	7:22	1.2	6:52	5:54	
21	Tue	2:00	5.5	2:33	4.2	8:14	1.0	7:53	1.8	6:50	5:55	
22	Wed	2:31	5.6	3:44	3.8	9:07	0.8	8:30	2.4	6:49	5:56	
23	Thu	3:10	5.7	5:24	3.6	10:12	0.6	9:18	2.9	6:48	5:57	
24	Fri	4:01	5.7	7:19	3.7	11:28	0.4	10:34	3.3	6:46	5:58	
25	Sat	5:06	5.8	8:36	4.0			12:45	0.0	6:45	5:59	
26	Sun	6:20	5.9	9:24	4.4	12:11	3.4	1:52	-0.4	6:44	6:00	
27	Mon	7:31	6.1	10:03	4.7	1:32	3.2	2:47	-0.8	6:42	6:01	
28	Tue	8:36	6.3	10:38	5.0	2:36	2.7	3:36	-1.0	6:41	6:02	