
































Alcatraz Island, CA - Jun 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	12:29	6.0	3:09	4.6	7:38	-1.0	7:23	3.3	5:48	8:26	
2	Fri	1:07	5.8	3:52	4.5	8:17	-0.8	8:10	3.3	5:48	8:27	
3	Sat	1:47	5.5	4:34	4.4	8:57	-0.6	9:02	3.3	5:48	8:27	
4	Sun	2:29	5.2	5:14	4.4	9:38	-0.4	10:02	3.2	5:48	8:28	
5	Mon	3:15	4.8	5:52	4.5	10:19	0.0	11:11	3.0	5:47	8:28	
6	Tue	4:08	4.4	6:27	4.7	11:02	0.3			5:47	8:29	
7	Wed	5:13	3.9	7:02	4.9	12:22	2.6	11:46 AM	0.8	5:47	8:30	
8	Thu	6:32	3.6	7:35	5.2	1:25	2.1	12:32	1.2	5:47	8:30	
9	Fri	8:00	3.5	8:08	5.5	2:19	1.5	1:19	1.7	5:47	8:31	
10	Sat	9:24	3.6	8:42	5.8	3:05	0.9	2:07	2.1	5:47	8:31	
11	Sun	10:36	3.8	9:19	6.1	3:47	0.2	2:55	2.5	5:47	8:32	
12	Mon	11:36	4.1	9:58	6.4	4:28	-0.4	3:43	2.9	5:47	8:32	
13	Tue			12:30	4.4	5:10	-0.9	4:31	3.1	5:47	8:32	
14	Wed			1:19	4.6	5:54	-1.3	5:21	3.2	5:47	8:33	
15	Thu			2:06	4.7	6:39	-1.6	6:12	3.1	5:47	8:33	
16	Fri	12:17	6.8	2:51	4.8	7:26	-1.7	7:07	3.1	5:47	8:34	
17	Sat	1:08	6.7	3:36	4.9	8:13	-1.7	8:06	2.9	5:47	8:34	
18	Sun	2:02	6.3	4:20	5.1	9:01	-1.4	9:12	2.7	5:47	8:34	
19	Mon	3:00	5.8	5:05	5.3	9:49	-0.9	10:26	2.4	5:47	8:34	
20	Tue	4:04	5.2	5:50	5.5	10:38	-0.3	11:45	1.9	5:47	8:35	
21	Wed	5:18	4.5	6:35	5.8	11:28	0.4			5:48	8:35	
22	Thu	6:45	4.0	7:19	6.1	1:01	1.3	12:21	1.2	5:48	8:35	
23	Fri	8:20	3.8	8:04	6.3	2:09	0.7	1:16	1.8	5:48	8:35	
24	Sat	9:48	3.9	8:48	6.4	3:09	0.1	2:14	2.4	5:48	8:35	
25	Sun	11:00	4.2	9:31	6.4	4:01	-0.3	3:10	2.8	5:49	8:35	
26	Mon	11:58	4.4	10:13	6.4	4:47	-0.6	4:04	3.1	5:49	8:35	
27	Tue			12:47	4.6	5:29	-0.8	4:54	3.3	5:49	8:35	
28	Wed			1:30	4.7	6:08	-0.8	5:41	3.3	5:50	8:35	
29	Thu			2:09	4.7	6:45	-0.8	6:24	3.3	5:50	8:35	
30	Fri	12:12	6.1	2:43	4.7	7:20	-0.7	7:06	3.2	5:51	8:35	