

























Alcatraz Island, CA - Jul 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:50	5.9	3:15	4.7	7:54	-0.6	7:48	3.1	5:51	8:35	
2	Sun	1:28	5.6	3:45	4.7	8:27	-0.4	8:32	3.0	5:52	8:35	
3	Mon	2:07	5.3	4:14	4.8	8:59	-0.2	9:22	2.9	5:52	8:35	
4	Tue	2:49	4.9	4:43	4.9	9:32	0.2	10:18	2.7	5:53	8:35	
5	Wed	3:37	4.4	5:15	5.1	10:06	0.7	11:21	2.4	5:53	8:35	
6	Thu	4:37	3.9	5:48	5.3	10:43	1.2			5:54	8:34	
7	Fri	5:58	3.6	6:25	5.5	12:26	1.9	11:25 AM	1.8	5:55	8:34	
8	Sat	7:40	3.4	7:06	5.8	1:28	1.4	12:16	2.4	5:55	8:34	
9	Sun	9:19	3.6	7:51	6.1	2:24	0.8	1:15	2.9	5:56	8:33	
10	Mon	10:35	3.9	8:40	6.4	3:16	0.1	2:17	3.2	5:56	8:33	
11	Tue	11:30	4.3	9:31	6.7	4:04	-0.5	3:17	3.3	5:57	8:33	
12	Wed			12:17	4.5	4:52	-1.0	4:13	3.3	5:58	8:32	
13	Thu			12:59	4.8	5:38	-1.4	5:08	3.1	5:58	8:32	
14	Fri			1:39	5.0	6:24	-1.6	6:02	2.9	5:59	8:31	
15	Sat	12:08	7.1	2:18	5.1	7:09	-1.6	6:58	2.6	6:00	8:31	
16	Sun	1:02	6.8	2:57	5.4	7:53	-1.3	7:57	2.3	6:01	8:30	
17	Mon	1:57	6.4	3:36	5.6	8:35	-0.9	8:59	1.9	6:01	8:30	
18	Tue	2:55	5.7	4:17	5.8	9:18	-0.2	10:07	1.6	6:02	8:29	
19	Wed	3:59	5.0	4:59	6.0	10:02	0.5	11:19	1.3	6:03	8:28	
20	Thu	5:15	4.3	5:44	6.2	10:50	1.4			6:04	8:28	
21	Fri	6:48	3.9	6:32	6.2	12:34	0.9	11:44 AM	2.1	6:04	8:27	
22	Sat	8:30	3.9	7:24	6.3	1:45	0.5	12:49	2.7	6:05	8:26	
23	Sun	9:57	4.1	8:16	6.3	2:49	0.2	1:59	3.1	6:06	8:26	
24	Mon	10:59	4.4	9:08	6.3	3:44	-0.1	3:04	3.3	6:07	8:25	
25	Tue	11:48	4.7	9:56	6.3	4:32	-0.3	4:00	3.3	6:08	8:24	
26	Wed			12:28	4.8	5:14	-0.4	4:48	3.2	6:08	8:23	
27	Thu			1:03	4.8	5:51	-0.4	5:31	3.1	6:09	8:22	
28	Fri			1:33	4.8	6:24	-0.4	6:09	3.0	6:10	8:21	
29	Sat			2:00	4.8	6:55	-0.4	6:46	2.8	6:11	8:21	
30	Sun	12:36	5.9	2:24	4.9	7:23	-0.2	7:23	2.6	6:12	8:20	
31	Mon	1:12	5.6	2:48	5.0	7:51	0.0	8:02	2.5	6:12	8:19	