
































Alcatraz Island, CA - Aug 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:51	5.3	3:12	5.1	8:18	0.4	8:44	2.3	6:13	8:18	
2	Wed	2:32	4.9	3:39	5.3	8:47	0.8	9:31	2.1	6:14	8:17	
3	Thu	3:20	4.4	4:08	5.5	9:17	1.4	10:25	1.8	6:15	8:16	
4	Fri	4:21	4.0	4:43	5.6	9:51	1.9	11:27	1.5	6:16	8:15	
5	Sat	5:46	3.7	5:24	5.8	10:32	2.5			6:17	8:14	
6	Sun	7:37	3.6	6:15	5.9	12:36	1.1	11:28 AM	3.0	6:18	8:12	
7	Mon	9:19	3.8	7:13	6.1	1:44	0.7	12:44	3.4	6:18	8:11	
8	Tue	10:23	4.2	8:15	6.4	2:47	0.1	2:01	3.5	6:19	8:10	
9	Wed	11:09	4.5	9:15	6.7	3:42	-0.4	3:08	3.3	6:20	8:09	
10	Thu	11:48	4.8	10:13	6.9	4:32	-0.8	4:06	3.0	6:21	8:08	
11	Fri			12:24	5.0	5:18	-1.1	5:00	2.6	6:22	8:07	
12	Sat			1:00	5.3	6:01	-1.2	5:54	2.1	6:23	8:05	
13	Sun	12:03	6.9	1:35	5.6	6:43	-1.0	6:48	1.7	6:24	8:04	
14	Mon	12:57	6.6	2:11	5.8	7:23	-0.6	7:43	1.3	6:25	8:03	
15	Tue	1:53	6.1	2:47	6.1	8:03	0.0	8:40	1.0	6:25	8:02	
16	Wed	2:52	5.4	3:26	6.2	8:44	0.8	9:41	0.8	6:26	8:00	
17	Thu	3:58	4.8	4:07	6.2	9:27	1.6	10:47	0.7	6:27	7:59	
18	Fri	5:16	4.3	4:53	6.2	10:16	2.3	11:59	0.6	6:28	7:58	
19	Sat	6:53	4.1	5:47	6.0	11:19	2.9			6:29	7:57	
20	Sun	8:32	4.2	6:47	5.9	1:12	0.5	12:39	3.3	6:30	7:55	
21	Mon	9:46	4.4	7:50	5.9	2:21	0.4	1:59	3.4	6:31	7:54	
22	Tue	10:38	4.7	8:49	5.9	3:20	0.2	3:03	3.3	6:31	7:52	
23	Wed	11:18	4.8	9:41	5.9	4:08	0.1	3:55	3.1	6:32	7:51	
24	Thu	11:51	4.9	10:26	5.9	4:48	0.0	4:38	2.8	6:33	7:50	
25	Fri			12:19	4.9	5:22	0.0	5:16	2.6	6:34	7:48	
26	Sat			12:43	5.0	5:52	0.1	5:51	2.3	6:35	7:47	
27	Sun			1:05	5.1	6:20	0.2	6:25	2.1	6:36	7:45	
28	Mon	12:24	5.6	1:27	5.2	6:45	0.4	6:59	1.8	6:36	7:44	
29	Tue	1:02	5.3	1:48	5.4	7:11	0.8	7:34	1.6	6:37	7:42	
30	Wed	1:43	5.1	2:12	5.5	7:37	1.2	8:12	1.4	6:38	7:41	
31	Thu	2:28	4.7	2:38	5.6	8:05	1.6	8:54	1.2	6:39	7:40	