
































Alcatraz Island, CA - Sep 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:20	4.4	3:09	5.7	8:36	2.2	9:43	1.0	6:40	7:38	
2	Sat	4:26	4.1	3:46	5.8	9:11	2.7	10:43	0.9	6:41	7:37	
3	Sun	5:55	3.8	4:35	5.8	9:57	3.1	11:54	0.7	6:42	7:35	
4	Mon	7:42	3.9	5:37	5.8	11:07	3.5			6:42	7:34	
5	Tue	9:03	4.2	6:48	5.9	1:10	0.4	12:41	3.6	6:43	7:32	
6	Wed	9:53	4.5	8:00	6.1	2:19	0.0	2:03	3.4	6:44	7:30	
7	Thu	10:32	4.7	9:06	6.4	3:16	-0.3	3:07	2.9	6:45	7:29	
8	Fri	11:07	5.0	10:07	6.5	4:05	-0.6	4:02	2.3	6:46	7:27	
9	Sat	11:41	5.4	11:04	6.5	4:49	-0.6	4:54	1.7	6:47	7:26	
10	Sun			12:14	5.7	5:31	-0.4	5:45	1.1	6:47	7:24	
11	Mon	12:00	6.3	12:47	6.0	6:10	0.0	6:35	0.6	6:48	7:23	
12	Tue	12:56	6.0	1:22	6.3	6:49	0.5	7:26	0.2	6:49	7:21	
13	Wed	1:53	5.6	1:57	6.4	7:29	1.2	8:18	0.0	6:50	7:20	
14	Thu	2:54	5.1	2:35	6.4	8:10	1.8	9:12	0.0	6:51	7:18	
15	Fri	4:00	4.7	3:17	6.2	8:56	2.5	10:11	0.2	6:52	7:17	
16	Sat	5:18	4.4	4:04	5.9	9:51	3.1	11:18	0.4	6:53	7:15	
17	Sun	6:49	4.3	5:02	5.6	11:06	3.4			6:53	7:13	
18	Mon	8:15	4.4	6:10	5.4	12:32	0.5	12:37	3.5	6:54	7:12	
19	Tue	9:16	4.6	7:21	5.3	1:42	0.5	1:55	3.3	6:55	7:10	
20	Wed	10:00	4.8	8:26	5.3	2:41	0.5	2:54	3.0	6:56	7:09	
21	Thu	10:34	4.9	9:21	5.4	3:29	0.4	3:41	2.6	6:57	7:07	
22	Fri	11:01	5.0	10:09	5.4	4:08	0.4	4:21	2.2	6:58	7:06	
23	Sat	11:25	5.1	10:53	5.4	4:41	0.5	4:57	1.9	6:58	7:04	
24	Sun	11:46	5.2	11:35	5.3	5:10	0.7	5:31	1.5	6:59	7:03	
25	Mon			12:07	5.4	5:37	0.9	6:03	1.2	7:00	7:01	
26	Tue	12:17	5.1	12:28	5.6	6:03	1.2	6:35	0.9	7:01	6:59	
27	Wed	1:00	5.0	12:52	5.7	6:31	1.6	7:09	0.6	7:02	6:58	
28	Thu	1:45	4.8	1:17	5.8	6:59	2.0	7:45	0.4	7:03	6:56	
29	Fri	2:35	4.6	1:47	5.9	7:30	2.5	8:27	0.2	7:04	6:55	
30	Sat	3:32	4.4	2:22	5.9	8:05	2.9	9:16	0.2	7:05	6:53	