

































Alcatraz Island, CA - Oct 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:41	4.2	3:05	5.8	8:47	3.2	10:15	0.2	7:05	6:52	
2	Mon	6:04	4.1	4:01	5.7	9:46	3.5	11:25	0.2	7:06	6:50	
3	Tue	7:26	4.2	5:12	5.6	11:14	3.6			7:07	6:49	
4	Wed	8:27	4.5	6:32	5.5	12:39	0.1	12:51	3.4	7:08	6:47	
5	Thu	9:12	4.8	7:49	5.6	1:46	0.0	2:06	2.9	7:09	6:46	
6	Fri	9:48	5.1	9:00	5.7	2:43	-0.1	3:06	2.2	7:10	6:44	
7	Sat	10:22	5.5	10:04	5.7	3:31	0.0	3:59	1.4	7:11	6:43	
8	Sun	10:55	5.9	11:05	5.7	4:14	0.2	4:48	0.7	7:12	6:41	
9	Mon	11:28	6.2			4:55	0.6	5:36	0.0	7:13	6:40	
10	Tue	12:03	5.5	12:02	6.4	5:35	1.1	6:22	-0.4	7:14	6:38	
11	Wed	1:00	5.4	12:36	6.6	6:16	1.6	7:09	-0.6	7:15	6:37	
12	Thu	1:58	5.1	1:12	6.5	6:57	2.2	7:56	-0.7	7:15	6:35	
13	Fri	2:58	4.9	1:50	6.3	7:42	2.7	8:45	-0.5	7:16	6:34	
14	Sat	4:02	4.7	2:32	6.0	8:31	3.1	9:38	-0.2	7:17	6:33	
15	Sun	5:12	4.5	3:20	5.6	9:33	3.4	10:37	0.1	7:18	6:31	
16	Mon	6:27	4.5	4:18	5.2	10:53	3.6	11:43	0.4	7:19	6:30	
17	Tue	7:36	4.6	5:26	4.9			12:22	3.5	7:20	6:28	
18	Wed	8:29	4.7	6:41	4.7	12:49	0.5	1:35	3.1	7:21	6:27	
19	Thu	9:08	4.8	7:52	4.6	1:47	0.6	2:32	2.7	7:22	6:26	
20	Fri	9:38	5.0	8:54	4.6	2:35	0.7	3:19	2.2	7:23	6:24	
21	Sat	10:02	5.1	9:49	4.7	3:15	0.9	3:59	1.7	7:24	6:23	
22	Sun	10:25	5.3	10:40	4.7	3:50	1.1	4:35	1.2	7:25	6:22	
23	Mon	10:47	5.6	11:28	4.7	4:21	1.4	5:08	0.7	7:26	6:21	
24	Tue	11:11	5.8			4:51	1.7	5:40	0.3	7:27	6:19	
25	Wed	12:16	4.7	11:36 AM	6.0	5:22	2.1	6:13	0.0	7:28	6:18	
26	Thu	1:03	4.7	12:04	6.1	5:54	2.4	6:48	-0.3	7:29	6:17	
27	Fri	1:53	4.7	12:35	6.2	6:28	2.8	7:27	-0.5	7:30	6:16	
28	Sat	2:45	4.6	1:11	6.2	7:05	3.1	8:10	-0.6	7:31	6:15	
29	Sun	3:42	4.5	1:52	6.1	7:47	3.3	9:00	-0.6	7:32	6:13	
30	Mon	4:44	4.4	2:42	5.9	8:40	3.5	9:57	-0.4	7:33	6:12	
31	Tue	5:49	4.5	3:43	5.6	9:51	3.6	11:00	-0.3	7:34	6:11	