



































Alcatraz Island, CA - Dec 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:49	5.3	5:10	4.5	11:41	2.2	11:24	0.6	7:06	4:50	
2	Sat	6:33	5.7	6:40	4.2			12:53	1.5	7:07	4:50	
3	Sun	7:15	6.1	8:07	4.2	12:20	1.2	1:53	0.6	7:08	4:50	
4	Mon	7:55	6.4	9:23	4.3	1:14	1.7	2:46	-0.1	7:09	4:50	
5	Tue	8:35	6.6	10:28	4.6	2:06	2.2	3:34	-0.6	7:10	4:50	
6	Wed	9:15	6.7	11:25	4.8	2:56	2.6	4:18	-1.0	7:11	4:50	
7	Thu	9:54	6.7			3:46	3.0	5:00	-1.1	7:12	4:50	
8	Fri	12:16	4.9	10:34 AM	6.6	4:34	3.2	5:41	-1.1	7:13	4:50	
9	Sat	1:03	4.9	11:14 AM	6.4	5:21	3.3	6:21	-1.0	7:13	4:50	
10	Sun	1:48	4.9	11:54 AM	6.2	6:08	3.3	7:01	-0.8	7:14	4:50	
11	Mon	2:30	4.8	12:35	5.8	6:55	3.3	7:40	-0.6	7:15	4:50	
12	Tue	3:11	4.8	1:16	5.5	7:46	3.3	8:20	-0.3	7:16	4:51	
13	Wed	3:50	4.7	2:01	5.0	8:44	3.2	9:00	0.1	7:16	4:51	
14	Thu	4:27	4.8	2:53	4.5	9:50	3.0	9:41	0.6	7:17	4:51	
15	Fri	5:03	4.9	3:56	4.0	11:02	2.7	10:24	1.1	7:18	4:51	
16	Sat	5:38	5.1	5:17	3.6			12:09	2.2	7:18	4:52	
17	Sun	6:12	5.3	6:51	3.5			1:07	1.7	7:19	4:52	
18	Mon	6:48	5.6	8:20	3.6			1:55	1.1	7:20	4:52	
19	Tue	7:24	5.8	9:32	3.9	12:51	2.5	2:38	0.5	7:20	4:53	
20	Wed	8:02	6.1	10:29	4.2	1:41	2.9	3:18	-0.1	7:21	4:53	
21	Thu	8:42	6.4	11:18	4.5	2:31	3.1	3:57	-0.6	7:21	4:54	
22	Fri	9:24	6.6			3:18	3.3	4:38	-1.0	7:22	4:54	
23	Sat	12:02	4.7	10:09 AM	6.8	4:05	3.3	5:19	-1.3	7:22	4:55	
24	Sun	12:44	4.8	10:55 AM	6.8	4:52	3.2	6:02	-1.5	7:23	4:56	
25	Mon	1:25	4.9	11:44 AM	6.8	5:42	3.1	6:46	-1.5	7:23	4:56	
26	Tue	2:06	5.0	12:35	6.5	6:36	2.9	7:30	-1.2	7:23	4:57	
27	Wed	2:47	5.1	1:29	6.0	7:36	2.7	8:15	-0.8	7:24	4:57	
28	Thu	3:29	5.3	2:29	5.4	8:44	2.4	9:01	-0.2	7:24	4:58	
29	Fri	4:11	5.6	3:40	4.7	10:00	2.0	9:49	0.5	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
30	Sat	4:56	5.8	5:07	4.1	11:19	1.5	10:41	1.3	7:24	5:00	
31	Sun	5:42	6.1	6:45	3.8			12:34	0.9	7:25	5:00	