



































Alcatraz Island, CA - Jan 2046

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:27	6.3	8:21	3.9			1:37	0.3	7:25	5:01	
2	Tue	7:17	6.5	9:37	4.3	12:41	2.6	2:34	-0.2	7:25	5:02	
3	Wed	8:06	6.5	10:35	4.6	1:46	3.0	3:24	-0.6	7:25	5:03	
4	Thu	8:54	6.5	11:23	4.8	2:46	3.1	4:09	-0.8	7:25	5:04	
5	Fri	9:39	6.5			3:40	3.2	4:50	-0.9	7:25	5:05	
6	Sat	12:05	4.9	10:22 AM	6.4	4:28	3.1	5:27	-0.8	7:25	5:05	
7	Sun	12:43	4.9	11:03 AM	6.2	5:13	3.1	6:02	-0.8	7:25	5:06	
8	Mon	1:17	4.9	11:41 AM	6.0	5:55	3.0	6:36	-0.6	7:25	5:07	
9	Tue	1:47	4.9	12:19	5.7	6:36	2.8	7:07	-0.3	7:25	5:08	
10	Wed	2:16	4.9	12:57	5.3	7:18	2.7	7:38	0.0	7:24	5:09	
11	Thu	2:44	5.0	1:38	4.9	8:04	2.6	8:09	0.4	7:24	5:10	
12	Fri	3:12	5.0	2:25	4.4	8:56	2.4	8:41	1.0	7:24	5:11	
13	Sat	3:42	5.2	3:23	3.9	9:55	2.2	9:15	1.5	7:24	5:12	
14	Sun	4:16	5.3	4:44	3.5	11:02	1.9	9:55	2.1	7:23	5:13	
15	Mon	4:55	5.5	6:34	3.3			12:09	1.4	7:23	5:14	
16	Tue	5:40	5.6	8:21	3.6			1:10	0.9	7:23	5:15	
17	Wed	6:30	5.8	9:31	3.9			2:04	0.4	7:22	5:16	
18	Thu	7:22	6.1	10:19	4.3	1:07	3.3	2:52	-0.2	7:22	5:17	
19	Fri	8:15	6.4	10:59	4.6	2:09	3.4	3:36	-0.7	7:21	5:19	
20	Sat	9:07	6.7	11:35	4.8	3:03	3.2	4:19	-1.1	7:21	5:20	
21	Sun	9:58	6.9			3:54	3.0	5:01	-1.4	7:20	5:21	
22	Mon	12:11	5.0	10:48 AM	6.9	4:44	2.7	5:42	-1.5	7:20	5:22	
23	Tue	12:46	5.2	11:39 AM	6.8	5:35	2.3	6:22	-1.3	7:19	5:23	
24	Wed	1:21	5.4	12:31	6.4	6:28	1.9	7:02	-0.9	7:19	5:24	
25	Thu	1:58	5.7	1:27	5.8	7:25	1.6	7:43	-0.3	7:18	5:25	
26	Fri	2:36	5.9	2:28	5.1	8:26	1.3	8:24	0.5	7:17	5:26	
27	Sat	3:16	6.1	3:39	4.4	9:33	1.0	9:09	1.3	7:17	5:27	
28	Sun	4:01	6.2	5:08	3.9	10:47	0.8	10:02	2.1	7:16	5:28	
29	Mon	4:51	6.2	6:55	3.8			12:04	0.5	7:15	5:30	
30	Tue	5:48	6.2	8:30	4.1			1:16	0.1	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Wed	6:48	6.1	9:36	4.4	12:30	3.1	2:19	-0.1	7:13	5:32	