















Alcatraz Island, CA - Aug 2046

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed			12:50	4.9	5:42	-1.0	5:22	2.8	6:13	8:18	
2	Thu			1:23	5.1	6:21	-1.1	6:11	2.4	6:14	8:17	
3	Fri	12:17	6.7	1:57	5.4	7:00	-1.0	7:02	2.0	6:15	8:16	
4	Sat	1:09	6.4	2:31	5.7	7:38	-0.6	7:56	1.6	6:16	8:15	
5	Sun	2:03	6.0	3:07	5.9	8:18	-0.1	8:55	1.3	6:17	8:14	
6	Mon	3:02	5.4	3:46	6.2	8:58	0.6	9:58	1.0	6:17	8:13	
7	Tue	4:10	4.7	4:29	6.3	9:42	1.4	11:08	0.7	6:18	8:12	
8	Wed	5:32	4.2	5:18	6.4	10:32	2.1			6:19	8:10	
9	Thu	7:11	4.0	6:14	6.4	12:23	0.5	11:35 AM	2.8	6:20	8:09	
10	Fri	8:48	4.1	7:16	6.3	1:37	0.2	12:54	3.2	6:21	8:08	
11	Sat	10:01	4.5	8:18	6.3	2:45	0.0	2:12	3.3	6:22	8:07	
12	Sun	10:54	4.7	9:17	6.3	3:42	-0.2	3:18	3.2	6:23	8:06	
13	Mon	11:37	4.9	10:09	6.3	4:31	-0.3	4:13	3.0	6:23	8:05	
14	Tue			12:14	5.0	5:12	-0.4	5:00	2.7	6:24	8:03	
15	Wed			12:46	5.1	5:48	-0.3	5:43	2.5	6:25	8:02	
16	Thu			1:15	5.1	6:21	-0.2	6:22	2.3	6:26	8:01	
17	Fri	12:19	5.8	1:40	5.2	6:51	0.1	7:00	2.1	6:27	7:59	
18	Sat	12:58	5.6	2:03	5.2	7:19	0.4	7:37	1.9	6:28	7:58	
19	Sun	1:37	5.2	2:26	5.3	7:46	0.8	8:15	1.7	6:29	7:57	
20	Mon	2:19	4.9	2:51	5.4	8:14	1.3	8:57	1.6	6:29	7:55	
21	Tue	3:05	4.5	3:18	5.5	8:43	1.8	9:43	1.5	6:30	7:54	
22	Wed	4:01	4.1	3:51	5.5	9:14	2.3	10:37	1.4	6:31	7:53	
23	Thu	5:15	3.8	4:32	5.5	9:52	2.8	11:42	1.3	6:32	7:51	
24	Fri	6:58	3.7	5:24	5.6	10:44	3.3			6:33	7:50	
25	Sat	8:43	3.9	6:25	5.7	12:54	1.0	12:06	3.5	6:34	7:49	
26	Sun	9:45	4.1	7:30	5.8	2:02	0.6	1:31	3.5	6:35	7:47	
27	Mon	10:26	4.4	8:32	6.1	2:58	0.2	2:37	3.3	6:35	7:46	
28	Tue	11:00	4.7	9:30	6.3	3:46	-0.2	3:31	3.0	6:36	7:44	
29	Wed	11:31	4.9	10:25	6.5	4:29	-0.5	4:20	2.5	6:37	7:43	
30	Thu			12:02	5.2	5:10	-0.6	5:09	1.9	6:38	7:41	
31	Fri			12:34	5.6	5:49	-0.5	5:58	1.4	6:39	7:40	