

































## Alcatraz Island, CA - Oct 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:58	4.9	2:32	6.0	8:11	2.0	8:59	0.2	7:06	6:52	
2	Thu	3:58	4.7	3:18	5.9	8:59	2.4	9:56	0.2	7:06	6:50	
3	Fri	5:08	4.6	4:12	5.8	9:58	2.7	11:02	0.2	7:07	6:49	
4	Sat	6:24	4.5	5:18	5.6	11:13	2.9			7:08	6:47	
5	Sun	7:37	4.7	6:32	5.5	12:14	0.2	12:39	2.8	7:09	6:46	
6	Mon	8:38	5.0	7:46	5.6	1:24	0.2	1:55	2.5	7:10	6:44	
7	Tue	9:28	5.3	8:55	5.6	2:26	0.1	2:57	2.0	7:11	6:43	
8	Wed	10:12	5.6	9:57	5.7	3:20	0.1	3:51	1.4	7:12	6:41	
9	Thu	10:51	5.9	10:54	5.7	4:07	0.2	4:40	0.9	7:13	6:40	
10	Fri	11:28	6.0	11:48	5.6	4:51	0.5	5:26	0.5	7:14	6:38	
11	Sat			12:04	6.1	5:33	0.8	6:10	0.2	7:15	6:37	
12	Sun	12:39	5.5	12:39	6.1	6:13	1.2	6:52	0.0	7:16	6:35	
13	Mon	1:30	5.3	1:13	6.1	6:53	1.6	7:34	0.0	7:16	6:34	
14	Tue	2:20	5.1	1:47	5.9	7:34	2.0	8:17	0.0	7:17	6:33	
15	Wed	3:12	4.9	2:23	5.7	8:18	2.4	9:01	0.2	7:18	6:31	
16	Thu	4:08	4.6	3:02	5.4	9:07	2.8	9:50	0.4	7:19	6:30	
17	Fri	5:09	4.5	3:48	5.1	10:06	3.1	10:45	0.6	7:20	6:28	
18	Sat	6:16	4.4	4:44	4.8	11:22	3.2	11:46	0.8	7:21	6:27	
19	Sun	7:21	4.5	5:50	4.6			12:41	3.1	7:22	6:26	
20	Mon	8:14	4.6	7:00	4.6	12:49	0.9	1:47	2.8	7:23	6:24	
21	Tue	8:55	4.8	8:07	4.6	1:45	0.9	2:40	2.4	7:24	6:23	
22	Wed	9:29	5.0	9:06	4.7	2:34	0.9	3:24	2.0	7:25	6:22	
23	Thu	10:00	5.3	9:59	4.8	3:16	0.9	4:02	1.5	7:26	6:21	
24	Fri	10:29	5.5	10:48	5.0	3:54	1.0	4:37	1.0	7:27	6:19	
25	Sat	10:59	5.8	11:37	5.1	4:30	1.1	5:12	0.6	7:28	6:18	
26	Sun	11:30	6.0			5:06	1.3	5:48	0.1	7:29	6:17	
27	Mon	12:25	5.1	12:03	6.2	5:44	1.6	6:26	-0.2	7:30	6:16	
28	Tue	1:14	5.1	12:39	6.3	6:23	1.8	7:08	-0.5	7:31	6:14	
29	Wed	2:06	5.1	1:18	6.3	7:05	2.1	7:53	-0.7	7:32	6:13	
30	Thu	3:00	5.0	2:02	6.2	7:52	2.4	8:43	-0.7	7:33	6:12	
31	Fri	3:59	4.9	2:52	6.0	8:46	2.7	9:39	-0.5	7:34	6:11	