

































Alcatraz Island, CA - Nov 2053

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|----------|-----|-------|-----|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 5:03 | 4.9 | 3:50 | 5.7 | 9:52 | 2.9 | 10:40 | -0.3 | 7:35 | 6:10 |  |
| 2 | Sun | 5:08 | 4.9 | 3:59 | 5.4 | 10:14 | 2.8 | 10:47 | 0.0 | 6:36 | 5:09 |  |
| 3 | Mon | 6:11 | 5.1 | 5:17 | 5.1 | 11:39 | 2.6 | 11:54 | 0.2 | 6:38 | 5:08 |  |
| 4 | Tue | 7:07 | 5.4 | 6:36 | 4.9 | | | 12:53 | 2.0 | 6:39 | 5:07 |  |
| 5 | Wed | 7:55 | 5.7 | 7:50 | 4.9 | 12:55 | 0.4 | 1:55 | 1.4 | 6:40 | 5:06 |  |
| 6 | Thu | 8:38 | 6.0 | 8:56 | 5.0 | 1:50 | 0.7 | 2:47 | 0.8 | 6:41 | 5:05 |  |
| 7 | Fri | 9:17 | 6.2 | 9:56 | 5.0 | 2:38 | 0.9 | 3:34 | 0.3 | 6:42 | 5:04 |  |
| 8 | Sat | 9:54 | 6.3 | 10:50 | 5.0 | 3:23 | 1.3 | 4:17 | -0.1 | 6:43 | 5:03 |  |
| 9 | Sun | 10:28 | 6.3 | 11:41 | 5.0 | 4:05 | 1.6 | 4:58 | -0.3 | 6:44 | 5:02 |  |
| 10 | Mon | 11:02 | 6.2 | | | 4:46 | 2.0 | 5:36 | -0.4 | 6:45 | 5:01 |  |
| 11 | Tue | 12:29 | 5.0 | 11:35 AM | 6.1 | 5:27 | 2.3 | 6:14 | -0.4 | 6:46 | 5:00 |  |
| 12 | Wed | 1:16 | 4.9 | 12:08 | 5.9 | 6:08 | 2.6 | 6:51 | -0.4 | 6:47 | 5:00 |  |
| 13 | Thu | 2:03 | 4.8 | 12:42 | 5.7 | 6:51 | 2.8 | 7:30 | -0.2 | 6:48 | 4:59 |  |
| 14 | Fri | 2:51 | 4.7 | 1:20 | 5.4 | 7:37 | 3.0 | 8:12 | 0.0 | 6:49 | 4:58 |  |
| 15 | Sat | 3:40 | 4.6 | 2:02 | 5.1 | 8:32 | 3.2 | 8:58 | 0.3 | 6:50 | 4:57 |  |
| 16 | Sun | 4:31 | 4.6 | 2:53 | 4.7 | 9:40 | 3.2 | 9:48 | 0.5 | 6:51 | 4:57 |  |
| 17 | Mon | 5:23 | 4.7 | 3:55 | 4.4 | 10:58 | 3.1 | 10:43 | 0.7 | 6:52 | 4:56 |  |
| 18 | Tue | 6:11 | 4.8 | 5:07 | 4.2 | | | 12:08 | 2.7 | 6:53 | 4:55 |  |
| 19 | Wed | 6:53 | 5.0 | 6:22 | 4.1 | | | 1:05 | 2.3 | 6:54 | 4:55 |  |
| 20 | Thu | 7:30 | 5.2 | 7:33 | 4.2 | 12:32 | 1.1 | 1:52 | 1.8 | 6:56 | 4:54 |  |
| 21 | Fri | 8:05 | 5.5 | 8:37 | 4.3 | 1:20 | 1.3 | 2:33 | 1.2 | 6:57 | 4:54 |  |
| 22 | Sat | 8:39 | 5.8 | 9:34 | 4.5 | 2:05 | 1.5 | 3:11 | 0.6 | 6:58 | 4:53 |  |
| 23 | Sun | 9:14 | 6.1 | 10:28 | 4.7 | 2:47 | 1.7 | 3:49 | 0.0 | 6:59 | 4:53 |  |
| 24 | Mon | 9:50 | 6.4 | 11:19 | 4.9 | 3:30 | 1.9 | 4:28 | -0.5 | 7:00 | 4:52 |  |
| 25 | Tue | 10:29 | 6.6 | | | 4:13 | 2.1 | 5:10 | -0.9 | 7:01 | 4:52 |  |
| 26 | Wed | 12:10 | 5.0 | 11:10 AM | 6.7 | 4:58 | 2.3 | 5:54 | -1.2 | 7:02 | 4:52 |  |
| 27 | Thu | 1:02 | 5.1 | 11:54 AM | 6.7 | 5:46 | 2.5 | 6:40 | -1.3 | 7:03 | 4:51 |  |
| 28 | Fri | 1:54 | 5.2 | 12:42 | 6.5 | 6:38 | 2.6 | 7:29 | -1.2 | 7:04 | 4:51 |  |
| 29 | Sat | 2:47 | 5.2 | 1:35 | 6.2 | 7:37 | 2.7 | 8:22 | -0.9 | 7:05 | 4:51 |  |
| 30 | Sun | 3:42 | 5.2 | 2:35 | 5.7 | 8:45 | 2.7 | 9:18 | -0.5 | 7:06 | 4:51 |  |