



































## Alcatraz Island, CA - Dec 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:38	5.3	3:44	5.2	10:06	2.5	10:18	0.0	7:07	4:50	
2	Tue	5:38	5.5	5:02	4.7	11:30	2.2	11:18	0.4	7:07	4:50	
3	Wed	6:26	5.7	6:26	4.4			12:42	1.6	7:08	4:50	
4	Thu	7:20	6.0	7:44	4.4	12:18	0.9	1:42	1.0	7:09	4:50	
5	Fri	8:02	6.2	8:56	4.5	1:18	1.3	2:36	0.5	7:10	4:50	
6	Sat	8:44	6.3	9:56	4.6	2:12	1.7	3:24	0.0	7:11	4:50	
7	Sun	9:20	6.4	10:50	4.7	3:00	2.0	4:06	-0.3	7:12	4:50	
8	Mon	9:56	6.3	11:38	4.8	3:42	2.3	4:48	-0.5	7:13	4:50	
9	Tue	10:32	6.3			4:24	2.5	5:24	-0.6	7:13	4:50	
10	Wed	12:26	4.9	11:08 AM	6.1	5:06	2.7	5:54	-0.6	7:14	4:50	
11	Thu	1:08	4.9	11:38 AM	6.0	5:48	2.9	6:30	-0.5	7:15	4:50	
12	Fri	1:44	4.8	12:14	5.8	6:30	3.0	7:06	-0.4	7:16	4:51	
13	Sat	2:26	4.8	12:50	5.5	7:12	3.0	7:42	-0.2	7:16	4:51	
14	Sun	3:02	4.8	1:32	5.2	8:00	3.1	8:18	0.0	7:17	4:51	
15	Mon	3:44	4.8	2:14	4.8	8:54	3.0	9:00	0.3	7:18	4:51	
16	Tue	4:20	4.9	3:08	4.4	10:00	2.9	9:42	0.7	7:18	4:52	
17	Wed	5:02	5.0	4:14	4.1	11:06	2.6	10:36	1.0	7:19	4:52	
18	Thu	5:50	5.2	5:38	3.8			12:12	2.2	7:20	4:53	
19	Fri	6:32	5.5	7:02	3.8			1:12	1.6	7:20	4:53	
20	Sat	7:14	5.8	8:20	4.0	12:24	1.7	2:00	1.0	7:21	4:53	
21	Sun	7:56	6.1	9:20	4.3	1:18	2.0	2:42	0.3	7:21	4:54	
22	Mon	8:38	6.4	10:20	4.6	2:12	2.2	3:24	-0.3	7:22	4:54	
23	Tue	9:20	6.7	11:14	4.9	3:00	2.3	4:12	-0.9	7:22	4:55	
24	Wed	10:02	6.9			3:48	2.4	4:54	-1.3	7:23	4:56	
25	Thu	12:02	5.1	10:50 AM	7.0	4:42	2.4	5:42	-1.5	7:23	4:56	
26	Fri	12:50	5.3	11:38 AM	6.9	5:30	2.4	6:24	-1.5	7:23	4:57	
27	Sat	1:32	5.4	12:32	6.7	6:24	2.4	7:12	-1.3	7:24	4:57	
28	Sun	2:20	5.5	1:26	6.2	7:24	2.3	8:00	-0.9	7:24	4:58	
29	Mon	3:14	5.6	2:26	5.7	8:30	2.2	8:54	-0.4	7:24	4:59	
30	Tue	4:02	5.7	3:32	5.0	9:42	2.0	9:48	0.3	7:24	5:00	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
<b>31</b>	Wed	<b>4:56</b>	5.8	<b>4:44</b>	4.5	<b>11:00</b>	1.7	<b>10:48</b>	0.8	7:24	5:00	