





























Alcatraz Island, CA - Feb 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:50	5.8	8:49	4.2	12:24	2.4	1:57	0.5	7:13	5:33	
2	Mon	7:42	5.9	9:47	4.5	1:29	2.6	2:48	0.2	7:12	5:34	
3	Tue	8:30	5.9	10:32	4.7	2:27	2.7	3:32	0.0	7:11	5:35	
4	Wed	9:13	5.9	11:11	4.8	3:17	2.7	4:10	-0.1	7:10	5:36	
5	Thu	9:53	5.9	11:43	4.8	4:00	2.6	4:44	-0.2	7:09	5:37	
6	Fri	10:31	5.9			4:38	2.5	5:16	-0.2	7:08	5:39	
7	Sat	12:13	4.9	11:07 AM	5.8	5:13	2.4	5:46	-0.2	7:07	5:40	
8	Sun	12:40	4.9	11:43 AM	5.7	5:47	2.3	6:15	-0.1	7:06	5:41	
9	Mon	1:07	5.0	12:19	5.5	6:21	2.2	6:44	0.1	7:05	5:42	
10	Tue	1:35	5.1	12:57	5.2	6:58	2.0	7:15	0.3	7:04	5:43	
11	Wed	2:04	5.2	1:38	4.9	7:38	1.9	7:47	0.7	7:03	5:44	
12	Thu	2:36	5.2	2:26	4.5	8:24	1.7	8:24	1.1	7:01	5:45	
13	Fri	3:12	5.3	3:27	4.1	9:18	1.6	9:06	1.6	7:00	5:46	
14	Sat	3:54	5.4	4:48	3.8	10:22	1.3	9:59	2.1	6:59	5:47	
15	Sun	4:43	5.5	6:25	3.8	11:34	1.0	11:06	2.5	6:58	5:48	
16	Mon	5:41	5.7	7:53	4.0			12:45	0.5	6:57	5:49	
17	Tue	6:42	5.9	8:59	4.3	12:21	2.7	1:47	0.0	6:56	5:51	
18	Wed	7:43	6.2	9:50	4.7	1:32	2.7	2:43	-0.5	6:54	5:52	
19	Thu	8:42	6.5	10:34	5.0	2:33	2.4	3:33	-0.9	6:53	5:53	
20	Fri	9:38	6.6	11:16	5.3	3:29	2.1	4:20	-1.1	6:52	5:54	
21	Sat	10:31	6.7	11:56	5.6	4:21	1.7	5:04	-1.1	6:50	5:55	
22	Sun	11:24	6.6			5:12	1.4	5:48	-0.9	6:49	5:56	
23	Mon	12:35	5.8	12:16	6.3	6:03	1.1	6:31	-0.5	6:48	5:57	
24	Tue	1:15	5.9	1:09	5.8	6:55	0.9	7:13	0.0	6:47	5:58	
25	Wed	1:55	5.9	2:05	5.3	7:49	0.7	7:57	0.6	6:45	5:59	
26	Thu	2:36	5.9	3:06	4.7	8:47	0.7	8:45	1.3	6:44	6:00	
27	Fri	3:21	5.7	4:18	4.3	9:50	0.8	9:39	1.9	6:42	6:01	
28	Sat	4:10	5.5	5:45	4.0	10:59	0.8	10:47	2.4	6:41	6:02	