






























## Alcatraz Island, CA - Aug 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:34	4.8	10:22	6.9	4:29	-0.5	4:09	2.6	6:13	8:18	
2	Sun			12:19	5.1	5:15	-0.9	5:02	2.4	6:14	8:17	
3	Mon			1:02	5.3	6:01	-1.1	5:54	2.2	6:15	8:16	
4	Tue	12:06	7.0	1:44	5.5	6:46	-1.1	6:48	2.0	6:16	8:15	
5	Wed	12:58	6.8	2:27	5.7	7:31	-0.9	7:43	1.7	6:17	8:14	
6	Thu	1:52	6.4	3:09	5.9	8:16	-0.5	8:42	1.6	6:17	8:13	
7	Fri	2:49	5.9	3:54	6.0	9:03	0.0	9:45	1.4	6:18	8:12	
8	Sat	3:51	5.3	4:41	6.0	9:51	0.7	10:54	1.3	6:19	8:10	
9	Sun	5:02	4.7	5:31	6.1	10:45	1.3			6:20	8:09	
10	Mon	6:25	4.3	6:25	6.1	12:07	1.1	11:46 AM	1.9	6:21	8:08	
11	Tue	7:55	4.2	7:22	6.0	1:20	0.8	12:55	2.4	6:22	8:07	
12	Wed	9:16	4.4	8:17	6.1	2:26	0.6	2:03	2.7	6:23	8:06	
13	Thu	10:19	4.6	9:09	6.1	3:22	0.3	3:04	2.7	6:24	8:04	
14	Fri	11:09	4.8	9:56	6.1	4:10	0.1	3:56	2.7	6:24	8:03	
15	Sat	11:50	4.9	10:39	6.1	4:51	0.0	4:42	2.7	6:25	8:02	
16	Sun			12:25	5.0	5:28	0.0	5:22	2.6	6:26	8:01	
17	Mon			12:56	5.0	6:01	0.0	5:59	2.4	6:27	7:59	
18	Tue			1:24	5.0	6:32	0.1	6:34	2.3	6:28	7:58	
19	Wed	12:33	5.8	1:51	5.1	7:02	0.2	7:09	2.2	6:29	7:57	
20	Thu	1:10	5.6	2:18	5.2	7:32	0.4	7:45	2.1	6:30	7:55	
21	Fri	1:48	5.3	2:46	5.3	8:02	0.7	8:23	1.9	6:30	7:54	
22	Sat	2:28	5.0	3:17	5.3	8:34	1.0	9:06	1.8	6:31	7:53	
23	Sun	3:15	4.7	3:51	5.4	9:09	1.4	9:56	1.7	6:32	7:51	
24	Mon	4:11	4.3	4:31	5.5	9:49	1.9	10:56	1.5	6:33	7:50	
25	Tue	5:24	4.1	5:18	5.6	10:38	2.3			6:34	7:48	
26	Wed	6:53	4.0	6:13	5.7	12:03	1.3	11:41 AM	2.7	6:35	7:47	
27	Thu	8:20	4.1	7:13	5.9	1:13	0.9	12:54	2.9	6:36	7:46	
28	Fri	9:28	4.4	8:14	6.2	2:17	0.4	2:04	2.8	6:36	7:44	
29	Sat	10:20	4.7	9:13	6.4	3:13	0.0	3:05	2.6	6:37	7:43	
30	Sun	11:05	5.1	10:10	6.7	4:04	-0.4	4:00	2.3	6:38	7:41	
31	Mon	11:47	5.4	11:05	6.8	4:51	-0.6	4:52	1.9	6:39	7:40	