US HARBORS www.USHarbors.com

Alcatraz Island, CA - Oct 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu			12:27	6.2	5:52	0.2	6:22	0.2	7:05	6:52	
2	Fri	12:50	5.9	1:05	6.3	6:35	0.7	7:11	0.0	7:06	6:50	
3	Sat	1:45	5.7	1:44	6.3	7:19	1.1	8:00	-0.1	7:07	6:49	
4	Sun	2:42	5.3	2:25	6.2	8:05	1.7	8:52	0.0	7:08	6:47	
5	Mon	3:43	5.0	3:09	5.9	8:55	2.2	9:47	0.1	7:09	6:46	
6	Tue	4:50	4.8	3:57	5.6	9:54	2.7	10:48	0.4	7:10	6:44	
7	Wed	6:04	4.6	4:54	5.3	11:08	3.0	11:54	0.5	7:11	6:43	
8	Thu	7:20	4.6	5:58	5.0			12:29	3.0	7:12	6:42	
9	Fri	8:25	4.8	7:08	4.9	1:01	0.7	1:42	2.9	7:13	6:40	
10	Sat	9:14	4.9	8:13	4.9	2:01	0.7	2:41	2.5	7:13	6:39	
11	Sun	9:53	5.1	9:10	5.0	2:52	0.7	3:29	2.2	7:14	6:37	
12	Mon	10:25	5.2	10:01	5.0	3:35	0.7	4:09	1.8	7:15	6:36	
13	Tue	10:53	5.3	10:46	5.1	4:13	0.8	4:46	1.5	7:16	6:34	
14	Wed	11:18	5.4	11:29	5.1	4:46	0.9	5:19	1.1	7:17	6:33	
15	Thu	11:44	5.5			5:18	1.1	5:51	0.8	7:18	6:31	
16	Fri	12:11	5.1	12:11	5.7	5:49	1.3	6:22	0.6	7:19	6:30	
17	Sat	12:54	5.0	12:39	5.8	6:20	1.6	6:56	0.3	7:20	6:29	
18	Sun	1:38	4.9	1:09	5.8	6:53	1.9	7:32	0.1	7:21	6:27	
19	Mon	2:25	4.8	1:42	5.8	7:29	2.2	8:13	0.0	7:22	6:26	
20	Tue	3:17	4.7	2:20	5.8	8:10	2.5	8:59	0.0	7:23	6:25	
21	Wed	4:16	4.6	3:05	5.6	8:58	2.8	9:53	0.0	7:24	6:23	
22	Thu	5:22	4.5	4:00	5.5	10:00	3.1	10:55	0.1	7:25	6:22	
23	Fri	6:31	4.6	5:08	5.3	11:21	3.1			7:26	6:21	
24	Sat	7:35	4.8	6:25	5.2	12:03	0.1	12:46	2.9	7:27	6:20	
25	Sun	8:29	5.1	7:42	5.2	1:10	0.2	1:58	2.3	7:28	6:18	
26	Mon	9:14	5.5	8:54	5.3	2:11	0.2	2:57	1.7	7:29	6:17	
27	Tue	9:55	5.8	9:59	5.4	3:04	0.3	3:50	1.0	7:30	6:16	
28	Wed	10:34	6.1	10:59	5.5	3:53	0.5	4:38	0.4	7:31	6:15	
29	Thu	11:12	6.4	11:56	5.5	4:39	0.8	5:25	-0.1	7:32	6:14	
30	Fri	11:50	6.5			5:23	1.1	6:10	-0.5	7:33	6:12	
31	Sat	12:51	5.4	12:28	6.5	6:07	1.5	6:56	-0.7	7:34	6:11	