
































Alcatraz Island, CA - Nov 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:45	5.3	12:06	6.4	5:52	2.0	6:41	-0.7	6:35	5:10	
2	Mon	1:40	5.1	12:46	6.2	6:39	2.4	7:27	-0.5	6:36	5:09	
3	Tue	2:36	5.0	1:27	5.8	7:30	2.7	8:15	-0.3	6:37	5:08	
4	Wed	3:35	4.8	2:13	5.4	8:30	3.0	9:07	0.0	6:38	5:07	
5	Thu	4:38	4.7	3:05	5.0	9:42	3.1	10:04	0.3	6:39	5:06	
6	Fri	5:41	4.8	4:07	4.7	11:02	3.1	11:04	0.6	6:40	5:05	
7	Sat	6:37	4.8	5:19	4.4			12:14	2.8	6:41	5:04	
8	Sun	7:23	5.0	6:31	4.3	12:04	0.8	1:14	2.4	6:43	5:03	
9	Mon	8:00	5.1	7:38	4.3	12:57	1.0	2:03	2.0	6:44	5:02	
10	Tue	8:31	5.3	8:37	4.4	1:43	1.1	2:45	1.5	6:45	5:02	
11	Wed	9:00	5.5	9:29	4.5	2:24	1.3	3:22	1.0	6:46	5:01	
12	Thu	9:28	5.7	10:17	4.6	3:01	1.5	3:56	0.6	6:47	5:00	
13	Fri	9:57	5.9	11:04	4.7	3:36	1.7	4:28	0.2	6:48	4:59	
14	Sat	10:27	6.0	11:50	4.8	4:11	1.9	5:01	-0.1	6:49	4:58	
15	Sun	10:59	6.2			4:47	2.2	5:36	-0.4	6:50	4:58	
16	Mon	12:36	4.8	11:34 AM	6.2	5:25	2.4	6:15	-0.6	6:51	4:57	
17	Tue	1:24	4.9	12:12	6.2	6:06	2.6	6:57	-0.7	6:52	4:56	
18	Wed	2:15	4.8	12:54	6.1	6:52	2.8	7:43	-0.7	6:53	4:56	
19	Thu	3:09	4.8	1:43	5.8	7:46	3.0	8:35	-0.6	6:54	4:55	
20	Fri	4:06	4.9	2:40	5.5	8:53	3.0	9:32	-0.3	6:55	4:54	
21	Sat	5:04	5.0	3:49	5.1	10:14	2.9	10:33	0.0	6:56	4:54	
22	Sun	6:00	5.2	5:09	4.8	11:37	2.5	11:37	0.3	6:57	4:53	
23	Mon	6:51	5.5	6:32	4.6			12:49	1.9	6:58	4:53	
24	Tue	7:38	5.9	7:50	4.7	12:37	0.6	1:50	1.2	6:59	4:53	
25	Wed	8:21	6.2	9:00	4.8	1:33	0.9	2:43	0.5	7:00	4:52	
26	Thu	9:01	6.4	10:03	4.9	2:24	1.2	3:32	-0.1	7:01	4:52	
27	Fri	9:41	6.6	11:00	5.0	3:13	1.6	4:17	-0.6	7:02	4:51	
28	Sat	10:19	6.7	11:54	5.1	3:59	1.9	5:00	-0.8	7:03	4:51	
29	Sun	10:58	6.6			4:45	2.2	5:42	-0.9	7:04	4:51	
30	Mon	12:45	5.1	11:36 AM	6.4	5:31	2.5	6:23	-0.9	7:05	4:51	