








## Alcatraz Island, CA - Jul 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	2:40	5.7	4:45	5.2	9:29	-0.6	10:02	2.7	5:51	8:35	
2	Sun	3:32	5.2	5:31	5.2	10:15	-0.1	11:11	2.6	5:52	8:35	
3	Mon	4:31	4.6	6:15	5.3	11:02	0.5			5:52	8:35	
4	Tue	5:40	4.1	6:57	5.3	12:22	2.3	11:52 AM	1.0	5:53	8:35	
5	Wed	7:01	3.8	7:37	5.5	1:29	1.9	12:44	1.5	5:54	8:35	
6	Thu	8:28	3.7	8:15	5.6	2:27	1.4	1:36	2.0	5:54	8:34	
7	Fri	9:46	3.8	8:52	5.8	3:17	1.0	2:27	2.4	5:55	8:34	
8	Sat	10:48	4.0	9:29	5.9	4:00	0.5	3:16	2.7	5:55	8:34	
9	Sun	11:38	4.2	10:06	6.1	4:39	0.2	4:00	2.9	5:56	8:33	
10	Mon			12:22	4.4	5:15	-0.1	4:42	3.0	5:57	8:33	
11	Tue			1:01	4.6	5:49	-0.4	5:23	3.1	5:57	8:33	
12	Wed			1:38	4.7	6:23	-0.6	6:02	3.1	5:58	8:32	
13	Thu	12:01	6.3	2:14	4.8	6:58	-0.7	6:43	3.0	5:59	8:32	
14	Fri	12:41	6.2	2:50	4.9	7:34	-0.8	7:27	2.9	5:59	8:31	
15	Sat	1:23	6.1	3:27	5.0	8:12	-0.7	8:16	2.8	6:00	8:31	
16	Sun	2:09	5.8	4:06	5.2	8:52	-0.5	9:11	2.6	6:01	8:30	
17	Mon	3:00	5.4	4:46	5.4	9:35	-0.2	10:14	2.3	6:02	8:29	
18	Tue	3:59	5.0	5:29	5.6	10:21	0.3	11:25	1.9	6:02	8:29	
19	Wed	5:12	4.5	6:14	5.9	11:11	0.9			6:03	8:28	
20	Thu	6:40	4.1	7:03	6.1	12:39	1.4	12:08	1.5	6:04	8:28	
21	Fri	8:14	4.0	7:53	6.4	1:49	0.8	1:10	2.0	6:05	8:27	
22	Sat	9:38	4.2	8:45	6.7	2:51	0.2	2:13	2.4	6:05	8:26	
23	Sun	10:47	4.5	9:36	6.8	3:47	-0.4	3:15	2.7	6:06	8:25	
24	Mon	11:43	4.8	10:27	6.9	4:38	-0.8	4:13	2.7	6:07	8:25	
25	Tue			12:33	5.0	5:26	-1.0	5:07	2.7	6:08	8:24	
26	Wed			1:18	5.2	6:11	-1.1	5:59	2.7	6:09	8:23	
27	Thu	12:04	6.7	2:00	5.3	6:54	-1.0	6:50	2.6	6:09	8:22	
28	Fri	12:50	6.5	2:39	5.3	7:35	-0.8	7:40	2.5	6:10	8:21	
29	Sat	1:36	6.1	3:17	5.3	8:15	-0.4	8:31	2.4	6:11	8:20	
30	Sun	2:21	5.6	3:54	5.3	8:54	0.0	9:24	2.3	6:12	8:19	
31	Mon	3:09	5.1	4:31	5.3	9:33	0.5	10:22	2.2	6:13	8:18	