US HARBORS www.USHarbors.com

Alcatraz Island, CA - Sep 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	6:06	3.9	5:23	5.3	11:05	2.8			6:40	7:38	
2	Sat	7:42	3.9	6:18	5.3	12:34	1.4	12:16	3.1	6:41	7:36	
3	Sun	9:03	4.1	7:17	5.4	1:39	1.1	1:31	3.2	6:42	7:35	
4	Mon	9:57	4.4	8:15	5.6	2:36	0.8	2:32	3.2	6:43	7:33	
5	Tue	10:37	4.6	9:08	5.8	3:25	0.5	3:22	3.0	6:44	7:32	
6	Wed	11:11	4.8	9:58	6.0	4:07	0.1	4:05	2.7	6:44	7:30	
7	Thu	11:43	5.0	10:45	6.2	4:45	-0.1	4:45	2.4	6:45	7:28	
8	Fri			12:15	5.2	5:23	-0.3	5:25	2.0	6:46	7:27	
9	Sat			12:47	5.4	6:00	-0.3	6:08	1.6	6:47	7:25	
10	Sun	12:21	6.2	1:20	5.7	6:37	-0.1	6:53	1.2	6:48	7:24	
11	Mon	1:11	6.0	1:55	5.9	7:16	0.3	7:41	0.8	6:49	7:22	
12	Tue	2:05	5.7	2:32	6.0	7:56	0.7	8:33	0.6	6:49	7:21	
13	Wed	3:04	5.3	3:13	6.1	8:39	1.3	9:31	0.4	6:50	7:19	
14	Thu	4:11	4.9	3:59	6.1	9:28	1.9	10:37	0.3	6:51	7:18	
15	Fri	5:30	4.5	4:54	6.1	10:27	2.5	11:50	0.3	6:52	7:16	
16	Sat	6:59	4.5	5:57	6.0	11:43	2.9			6:53	7:14	
17	Sun	8:22	4.6	7:07	5.9	1:05	0.2	1:08	3.0	6:54	7:13	
18	Mon	9:27	4.9	8:15	5.9	2:14	0.0	2:23	2.8	6:55	7:11	
19	Tue	10:17	5.2	9:18	6.0	3:13	-0.1	3:24	2.5	6:55	7:10	
20	Wed	10:59	5.3	10:13	6.0	4:03	-0.1	4:16	2.2	6:56	7:08	
21	Thu	11:36	5.4	11:03	5.9	4:46	0.0	5:01	1.8	6:57	7:07	
22	Fri			12:09	5.5	5:24	0.1	5:42	1.5	6:58	7:05	
23	Sat			12:39	5.5	5:59	0.4	6:21	1.3	6:59	7:04	
24	Sun	12:33	5.5	1:06	5.5	6:33	0.7	6:57	1.1	7:00	7:02	
25	Mon	1:16	5.3	1:32	5.5	7:05	1.1	7:34	1.0	7:00	7:00	
26	Tue	1:59	5.0	1:58	5.5	7:37	1.6	8:11	0.9	7:01	6:59	
27	Wed	2:45	4.7	2:25	5.4	8:10	2.0	8:50	0.9	7:02	6:57	
28	Thu	3:35	4.5	2:57	5.4	8:46	2.5	9:35	0.9	7:03	6:56	
29	Fri	4:35	4.2	3:34	5.2	9:28	2.9	10:27	1.0	7:04	6:54	
30	Sat	5:49	4.1	4:22	5.1	10:25	3.2	11:29	1.0	7:05	6:53	