

































## Alcatraz Island, CA - Oct 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:13	4.1	5:22	5.0	11:46	3.4			7:06	6:51	
2	Mon	8:24	4.3	6:30	5.0	12:38	0.9	1:10	3.3	7:07	6:50	
3	Tue	9:13	4.6	7:38	5.1	1:42	0.7	2:12	3.1	7:08	6:48	
4	Wed	9:50	4.8	8:40	5.3	2:36	0.4	3:02	2.7	7:08	6:47	
5	Thu	10:23	5.1	9:36	5.6	3:22	0.2	3:45	2.2	7:09	6:45	
6	Fri	10:55	5.3	10:30	5.7	4:04	0.1	4:26	1.6	7:10	6:44	
7	Sat	11:26	5.6	11:22	5.8	4:44	0.1	5:08	1.1	7:11	6:42	
8	Sun	11:59	5.9			5:23	0.3	5:51	0.5	7:12	6:41	
9	Mon	12:16	5.8	12:33	6.2	6:03	0.6	6:37	0.0	7:13	6:39	
10	Tue	1:11	5.7	1:10	6.4	6:44	1.1	7:25	-0.4	7:14	6:38	
11	Wed	2:08	5.4	1:49	6.4	7:28	1.6	8:17	-0.5	7:15	6:36	
12	Thu	3:10	5.2	2:33	6.4	8:15	2.1	9:13	-0.5	7:16	6:35	
13	Fri	4:18	4.9	3:23	6.2	9:10	2.6	10:15	-0.4	7:17	6:34	
14	Sat	5:34	4.8	4:22	5.9	10:19	3.0	11:25	-0.2	7:18	6:32	
15	Sun	6:52	4.8	5:32	5.6	11:47	3.1			7:19	6:31	
16	Mon	8:03	5.0	6:47	5.4	12:37	0.0	1:14	2.9	7:20	6:29	
17	Tue	8:59	5.2	8:02	5.3	1:45	0.1	2:25	2.5	7:21	6:28	
18	Wed	9:45	5.4	9:08	5.2	2:43	0.2	3:22	2.0	7:22	6:27	
19	Thu	10:23	5.6	10:06	5.2	3:31	0.3	4:10	1.6	7:23	6:25	
20	Fri	10:57	5.6	10:57	5.2	4:13	0.5	4:52	1.2	7:23	6:24	
21	Sat	11:26	5.7	11:45	5.1	4:51	0.8	5:29	0.8	7:24	6:23	
22	Sun	11:52	5.7			5:25	1.2	6:04	0.6	7:25	6:21	
23	Mon	12:30	5.0	12:17	5.7	5:57	1.5	6:37	0.4	7:26	6:20	
24	Tue	1:13	4.9	12:41	5.7	6:29	1.9	7:10	0.3	7:27	6:19	
25	Wed	1:57	4.7	1:07	5.7	7:01	2.3	7:43	0.2	7:28	6:18	
26	Thu	2:43	4.6	1:35	5.6	7:35	2.7	8:19	0.2	7:29	6:17	
27	Fri	3:32	4.5	2:08	5.5	8:12	3.0	8:59	0.2	7:31	6:15	
28	Sat	4:27	4.4	2:46	5.3	8:56	3.3	9:46	0.3	7:32	6:14	
29	Sun	5:29	4.3	3:33	5.1	9:54	3.5	10:40	0.4	7:33	6:13	
30	Mon	6:36	4.4	4:32	4.9	11:14	3.5	11:42	0.5	7:34	6:12	
31	Tue	7:34	4.5	5:44	4.7			12:39	3.3	7:35	6:11	