
































## Alcatraz Island, CA - Apr 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:44	5.5	11:49	5.4	4:46	1.5	5:03	-0.2	6:53	7:33	
2	Mon	11:35	5.4			5:29	1.1	5:40	0.1	6:51	7:34	
3	Tue	12:19	5.5	12:23	5.2	6:10	0.7	6:15	0.4	6:50	7:34	
4	Wed	12:47	5.5	1:09	5.0	6:48	0.5	6:48	0.9	6:48	7:35	
5	Thu	1:14	5.5	1:54	4.7	7:25	0.3	7:21	1.4	6:47	7:36	
6	Fri	1:39	5.5	2:41	4.5	8:02	0.2	7:55	1.8	6:45	7:37	
7	Sat	2:06	5.4	3:32	4.2	8:40	0.2	8:31	2.3	6:44	7:38	
8	Sun	2:35	5.3	4:30	4.0	9:21	0.2	9:11	2.7	6:43	7:39	
9	Mon	3:09	5.1	5:40	3.9	10:09	0.3	10:04	3.1	6:41	7:40	
10	Tue	3:52	4.9	7:02	3.9	11:06	0.4	11:22	3.3	6:40	7:41	
11	Wed	4:47	4.7	8:14	4.0			12:11	0.5	6:38	7:42	
12	Thu	5:55	4.6	9:03	4.2	12:52	3.2	1:17	0.4	6:37	7:43	
13	Fri	7:08	4.6	9:40	4.5	2:02	3.0	2:15	0.3	6:35	7:44	
14	Sat	8:16	4.7	10:10	4.7	2:54	2.6	3:03	0.1	6:34	7:45	
15	Sun	9:17	4.8	10:39	5.0	3:37	2.1	3:45	0.1	6:33	7:45	
16	Mon	10:12	5.0	11:08	5.3	4:17	1.5	4:24	0.1	6:31	7:46	
17	Tue	11:06	5.1	11:38	5.6	4:56	0.9	5:02	0.3	6:30	7:47	
18	Wed	11:59	5.2			5:36	0.2	5:40	0.6	6:28	7:48	
19	Thu	12:09	5.9	12:53	5.1	6:19	-0.3	6:19	1.0	6:27	7:49	
20	Fri	12:43	6.1	1:49	5.0	7:04	-0.8	7:00	1.5	6:26	7:50	
21	Sat	1:19	6.2	2:49	4.8	7:52	-1.1	7:45	2.0	6:24	7:51	
22	Sun	2:00	6.3	3:53	4.6	8:44	-1.1	8:35	2.5	6:23	7:52	
23	Mon	2:46	6.1	5:04	4.5	9:41	-1.0	9:37	2.8	6:22	7:53	
24	Tue	3:41	5.8	6:19	4.5	10:45	-0.8	10:58	3.0	6:21	7:54	
25	Wed	4:45	5.4	7:31	4.6	11:55	-0.6			6:19	7:55	
26	Thu	6:01	5.1	8:30	4.9	12:31	2.9	1:04	-0.4	6:18	7:56	
27	Fri	7:21	4.9	9:19	5.1	1:52	2.5	2:07	-0.2	6:17	7:57	
28	Sat	8:36	4.8	9:59	5.3	2:57	1.9	3:01	0.0	6:16	7:57	
29	Sun	9:42	4.7	10:35	5.5	3:51	1.4	3:47	0.3	6:14	7:58	
30	Mon	10:40	4.7	11:06	5.6	4:37	0.8	4:27	0.6	6:13	7:59	