



































Alcatraz Island, CA - Jan 2060

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:13	6.3	11:48	4.6	3:09	3.3	4:26	-0.7	7:25	5:01	
2	Fri	9:54	6.5			3:52	3.4	5:04	-1.0	7:25	5:02	
3	Sat	12:28	4.7	10:36 AM	6.6	4:35	3.4	5:44	-1.2	7:25	5:02	
4	Sun	1:07	4.8	11:20 AM	6.6	5:19	3.3	6:24	-1.4	7:25	5:03	
5	Mon	1:45	4.9	12:06	6.5	6:06	3.1	7:06	-1.3	7:25	5:04	
6	Tue	2:24	5.0	12:54	6.2	6:58	3.0	7:49	-1.1	7:25	5:05	
7	Wed	3:03	5.1	1:48	5.8	7:56	2.7	8:32	-0.6	7:25	5:06	
8	Thu	3:44	5.3	2:49	5.1	9:04	2.4	9:18	0.0	7:25	5:07	
9	Fri	4:26	5.5	4:03	4.5	10:20	2.0	10:06	0.7	7:25	5:08	
10	Sat	5:10	5.8	5:35	4.0	11:39	1.4	11:00	1.5	7:24	5:09	
11	Sun	5:56	6.1	7:17	3.9			12:53	0.8	7:24	5:10	
12	Mon	6:44	6.3	8:48	4.1	12:00	2.2	1:57	0.1	7:24	5:11	
13	Tue	7:34	6.5	9:59	4.4	1:05	2.7	2:52	-0.4	7:24	5:12	
14	Wed	8:24	6.6	10:55	4.7	2:08	3.0	3:42	-0.8	7:24	5:13	
15	Thu	9:12	6.7	11:42	4.9	3:07	3.2	4:27	-1.0	7:23	5:14	
16	Fri	9:59	6.6			4:01	3.2	5:09	-1.0	7:23	5:15	
17	Sat	12:25	5.0	10:44 AM	6.5	4:51	3.1	5:49	-1.0	7:22	5:16	
18	Sun	1:04	5.0	11:26 AM	6.3	5:37	3.0	6:26	-0.8	7:22	5:17	
19	Mon	1:39	5.0	12:07	6.0	6:21	2.9	7:01	-0.6	7:22	5:18	
20	Tue	2:12	5.0	12:46	5.6	7:06	2.8	7:35	-0.3	7:21	5:19	
21	Wed	2:44	4.9	1:27	5.2	7:52	2.6	8:07	0.2	7:21	5:20	
22	Thu	3:14	5.0	2:12	4.7	8:43	2.5	8:40	0.7	7:20	5:21	
23	Fri	3:44	5.0	3:05	4.1	9:41	2.3	9:14	1.3	7:19	5:22	
24	Sat	4:16	5.1	4:15	3.6	10:46	2.0	9:52	1.9	7:19	5:24	
25	Sun	4:52	5.3	5:56	3.4	11:53	1.6	10:40	2.5	7:18	5:25	
26	Mon	5:34	5.4	7:54	3.5			12:56	1.2	7:18	5:26	
27	Tue	6:20	5.6	9:18	3.8			1:51	0.7	7:17	5:27	
28	Wed	7:09	5.8	10:10	4.2	12:54	3.3	2:39	0.2	7:16	5:28	
29	Thu	8:00	6.0	10:50	4.4	1:58	3.4	3:23	-0.3	7:15	5:29	
30	Fri	8:49	6.3	11:25	4.6	2:51	3.4	4:04	-0.8	7:15	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sat	9:37	6.5			3:38	3.2	4:44	-1.1	7:14	5:31	