






















Alcatraz Island, CA - Sep 2060

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:54	3.9	4:20	5.4	9:46	2.8	11:24	1.3	6:40	7:38	
2	Thu	6:29	3.8	5:06	5.3	10:34	3.3			6:41	7:36	
3	Fri	8:26	3.9	6:05	5.4	12:33	1.1	11:54 AM	3.6	6:42	7:34	
4	Sat	9:40	4.2	7:10	5.5	1:42	0.9	1:26	3.7	6:43	7:33	
5	Sun	10:21	4.4	8:13	5.7	2:41	0.5	2:33	3.5	6:44	7:31	
6	Mon	10:54	4.6	9:10	6.0	3:31	0.1	3:23	3.2	6:44	7:30	
7	Tue	11:23	4.8	10:03	6.2	4:15	-0.2	4:07	2.8	6:45	7:28	
8	Wed	11:52	5.0	10:53	6.3	4:54	-0.5	4:50	2.4	6:46	7:27	
9	Thu			12:22	5.3	5:32	-0.5	5:34	1.8	6:47	7:25	
10	Fri			12:52	5.6	6:09	-0.4	6:20	1.3	6:48	7:24	
11	Sat	12:36	6.2	1:23	5.8	6:46	0.0	7:08	0.8	6:49	7:22	
12	Sun	1:30	5.9	1:57	6.1	7:24	0.5	7:59	0.4	6:49	7:21	
13	Mon	2:29	5.4	2:33	6.3	8:04	1.2	8:54	0.2	6:50	7:19	
14	Tue	3:34	5.0	3:13	6.4	8:47	1.9	9:56	0.1	6:51	7:18	
15	Wed	4:51	4.6	4:01	6.3	9:37	2.6	11:05	0.1	6:52	7:16	
16	Thu	6:22	4.4	4:58	6.1	10:43	3.2			6:53	7:14	
17	Fri	7:55	4.5	6:07	5.9	12:22	0.1	12:11	3.4	6:54	7:13	
18	Sat	9:07	4.7	7:21	5.8	1:38	0.0	1:39	3.4	6:55	7:11	
19	Sun	10:00	5.0	8:31	5.8	2:44	0.0	2:49	3.0	6:55	7:10	
20	Mon	10:42	5.2	9:32	5.8	3:39	-0.1	3:45	2.6	6:56	7:08	
21	Tue	11:18	5.3	10:25	5.8	4:23	-0.1	4:32	2.2	6:57	7:07	
22	Wed	11:49	5.3	11:12	5.7	5:01	0.1	5:13	1.8	6:58	7:05	
23	Thu			12:16	5.4	5:34	0.3	5:51	1.5	6:59	7:04	
24	Fri			12:41	5.4	6:04	0.6	6:27	1.2	7:00	7:02	
25	Sat	12:38	5.2	1:03	5.5	6:32	1.0	7:01	1.0	7:01	7:00	
26	Sun	1:20	5.0	1:24	5.5	7:00	1.5	7:36	0.8	7:01	6:59	
27	Mon	2:03	4.7	1:46	5.5	7:27	2.0	8:12	0.7	7:02	6:57	
28	Tue	2:51	4.5	2:11	5.5	7:56	2.5	8:51	0.7	7:03	6:56	
29	Wed	3:45	4.2	2:41	5.5	8:27	2.9	9:36	0.7	7:04	6:54	
30	Thu	4:53	4.1	3:20	5.3	9:04	3.3	10:31	0.7	7:05	6:53	