

Alcatraz Island, CA - Jan 2068

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:00	6.2	10:15	4.3	1:38	2.8	3:09	-0.2	7:25	5:01	
2	Mon	8:46	6.5	10:59	4.6	2:31	2.9	3:50	-0.7	7:25	5:02	
3	Tue	9:32	6.7	11:41	4.8	3:21	2.9	4:31	-1.1	7:25	5:03	
4	Wed	10:19	6.8			4:10	2.8	5:13	-1.3	7:25	5:03	
5	Thu	12:21	5.1	11:07 AM	6.8	4:59	2.6	5:55	-1.4	7:25	5:04	
6	Fri	1:01	5.3	11:56 AM	6.7	5:50	2.4	6:38	-1.3	7:25	5:05	
7	Sat	1:41	5.4	12:48	6.3	6:44	2.1	7:21	-1.0	7:25	5:06	
8	Sun	2:22	5.6	1:44	5.8	7:43	1.9	8:05	-0.4	7:25	5:07	
9	Mon	3:05	5.8	2:46	5.1	8:49	1.7	8:51	0.2	7:25	5:08	
10	Tue	3:50	6.0	3:59	4.5	10:01	1.4	9:42	1.0	7:24	5:09	
11	Wed	4:39	6.1	5:26	4.0	11:19	1.1	10:40	1.7	7:24	5:10	
12	Thu	5:32	6.2	7:02	3.9			12:34	0.7	7:24	5:11	
13	Fri	6:27	6.3	8:28	4.1			1:41	0.2	7:24	5:12	
14	Sat	7:22	6.3	9:34	4.4	12:56	2.6	2:38	-0.1	7:23	5:13	
15	Sun	8:14	6.4	10:27	4.7	2:01	2.8	3:26	-0.4	7:23	5:14	
16	Mon	9:02	6.3	11:11	4.9	2:58	2.8	4:09	-0.5	7:23	5:15	
17	Tue	9:46	6.3	11:50	5.0	3:48	2.8	4:47	-0.6	7:22	5:16	
18	Wed	10:27	6.2			4:33	2.7	5:21	-0.5	7:22	5:17	
19	Thu	12:24	5.0	11:06 AM	6.0	5:14	2.6	5:53	-0.4	7:22	5:18	
20	Fri	12:55	5.0	11:43 AM	5.8	5:54	2.5	6:23	-0.2	7:21	5:19	
21	Sat	1:23	5.0	12:20	5.5	6:32	2.4	6:52	0.0	7:21	5:20	
22	Sun	1:50	5.1	12:58	5.2	7:12	2.2	7:21	0.3	7:20	5:21	
23	Mon	2:18	5.2	1:38	4.8	7:54	2.1	7:52	0.7	7:19	5:22	
24	Tue	2:47	5.2	2:24	4.3	8:41	2.0	8:24	1.2	7:19	5:24	
25	Wed	3:20	5.3	3:22	3.9	9:36	1.9	9:00	1.7	7:18	5:25	
26	Thu	3:58	5.4	4:40	3.6	10:39	1.6	9:44	2.2	7:17	5:26	
27	Fri	4:43	5.5	6:21	3.5	11:48	1.3	10:43	2.7	7:17	5:27	
28	Sat	5:34	5.6	7:58	3.7			12:53	0.8	7:16	5:28	
29	Sun	6:30	5.8	9:04	4.0			1:50	0.3	7:15	5:29	
30	Mon	7:27	6.1	9:52	4.3	1:09	3.0	2:40	-0.2	7:14	5:30	

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31	Tue	8:22	6.4	10:33	4.7	2:11	2.9	3:25	-0.7	7:14	5:31	