

Alcatraz Island, CA - Aug 2068

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:51	5.3	3:03	5.3	8:11	0.5	8:41	2.1	6:14	8:17	
2	Thu	2:32	4.9	3:32	5.3	8:42	0.9	9:27	2.0	6:15	8:16	
3	Fri	3:18	4.5	4:04	5.4	9:14	1.4	10:19	1.8	6:15	8:15	
4	Sat	4:13	4.1	4:41	5.5	9:50	1.9	11:19	1.7	6:16	8:14	
5	Sun	5:24	3.8	5:24	5.5	10:33	2.4			6:17	8:13	
6	Mon	6:56	3.6	6:14	5.6	12:25	1.5	11:29 AM	2.8	6:18	8:12	
7	Tue	8:32	3.7	7:09	5.8	1:31	1.1	12:39	3.1	6:19	8:11	
8	Wed	9:41	4.0	8:06	6.0	2:29	0.7	1:50	3.1	6:20	8:10	
9	Thu	10:30	4.3	9:00	6.3	3:19	0.2	2:50	3.0	6:21	8:09	
10	Fri	11:10	4.6	9:53	6.5	4:05	-0.2	3:44	2.8	6:21	8:07	
11	Sat	11:47	4.9	10:45	6.7	4:47	-0.5	4:34	2.5	6:22	8:06	
12	Sun			12:23	5.2	5:28	-0.7	5:23	2.1	6:23	8:05	
13	Mon			12:59	5.5	6:09	-0.7	6:13	1.7	6:24	8:04	
14	Tue	12:28	6.6	1:35	5.8	6:49	-0.5	7:04	1.3	6:25	8:02	
15	Wed	1:21	6.3	2:13	6.1	7:30	-0.1	7:58	1.0	6:26	8:01	
16	Thu	2:17	5.8	2:53	6.3	8:13	0.4	8:56	0.8	6:27	8:00	
17	Fri	3:18	5.3	3:37	6.4	8:58	1.0	9:59	0.7	6:28	7:59	
18	Sat	4:27	4.8	4:25	6.4	9:47	1.7	11:09	0.6	6:28	7:57	
19	Sun	5:47	4.4	5:20	6.3	10:46	2.3			6:29	7:56	
20	Mon	7:17	4.3	6:21	6.2	12:24	0.5	11:59 AM	2.7	6:30	7:55	
21	Tue	8:40	4.4	7:26	6.1	1:38	0.4	1:17	2.9	6:31	7:53	
22	Wed	9:45	4.7	8:29	6.1	2:43	0.2	2:28	2.8	6:32	7:52	
23	Thu	10:35	4.9	9:26	6.1	3:38	0.1	3:27	2.7	6:33	7:50	
24	Fri	11:17	5.1	10:16	6.0	4:23	0.0	4:18	2.4	6:34	7:49	
25	Sat	11:52	5.2	11:01	5.9	5:02	0.1	5:02	2.2	6:34	7:48	
26	Sun			12:24	5.2	5:36	0.2	5:41	2.0	6:35	7:46	
27	Mon			12:51	5.3	6:07	0.4	6:18	1.8	6:36	7:45	
28	Tue	12:22	5.6	1:17	5.3	6:37	0.6	6:54	1.6	6:37	7:43	
29	Wed	1:01	5.4	1:41	5.4	7:05	0.9	7:29	1.5	6:38	7:42	
30	Thu	1:40	5.1	2:07	5.5	7:33	1.2	8:06	1.4	6:39	7:40	
31	Fri	2:21	4.8	2:35	5.5	8:03	1.6	8:45	1.3	6:39	7:39	