

Alcatraz Island, CA - Nov 2068

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:46	4.5	4:16	5.1	10:30	3.2	11:09	0.1	7:36	6:10	
2	Fri	6:41	4.7	5:29	4.9	11:55	2.9			7:37	6:09	
3	Sat	7:31	5.0	6:50	4.7	12:11	0.3	1:12	2.4	7:38	6:08	
4	Sun	7:15	5.4	7:10	4.7	1:11	0.5	1:16	1.7	6:39	5:07	
5	Mon	7:56	5.8	8:23	4.8	1:06	0.8	2:10	0.9	6:40	5:06	
6	Tue	8:36	6.2	9:29	5.0	1:58	1.0	3:01	0.1	6:41	5:05	
7	Wed	9:16	6.6	10:30	5.1	2:47	1.4	3:49	-0.5	6:42	5:04	
8	Thu	9:56	6.8	11:28	5.2	3:35	1.7	4:36	-1.0	6:43	5:03	
9	Fri	10:38	6.9			4:22	2.0	5:23	-1.3	6:44	5:02	
10	Sat	12:23	5.2	11:21 AM	6.9	5:11	2.3	6:10	-1.3	6:45	5:01	
11	Sun	1:17	5.2	12:06	6.7	6:02	2.5	6:57	-1.1	6:46	5:00	
12	Mon	2:11	5.1	12:53	6.3	6:56	2.7	7:46	-0.8	6:47	4:59	
13	Tue	3:06	5.0	1:43	5.8	7:56	2.9	8:37	-0.4	6:49	4:59	
14	Wed	4:02	5.0	2:37	5.3	9:05	2.9	9:31	0.0	6:50	4:58	
15	Thu	4:58	5.0	3:39	4.8	10:22	2.8	10:27	0.4	6:51	4:57	
16	Fri	5:50	5.0	4:50	4.3	11:37	2.5	11:24	0.9	6:52	4:57	
17	Sat	6:38	5.2	6:09	4.1			12:43	2.1	6:53	4:56	
18	Sun	7:18	5.3	7:26	4.0	12:18	1.2	1:39	1.6	6:54	4:55	
19	Mon	7:53	5.5	8:34	4.1	1:08	1.6	2:26	1.1	6:55	4:55	
20	Tue	8:24	5.6	9:32	4.2	1:53	1.9	3:06	0.7	6:56	4:54	
21	Wed	8:55	5.8	10:22	4.4	2:34	2.2	3:42	0.3	6:57	4:54	
22	Thu	9:25	6.0	11:07	4.5	3:13	2.4	4:16	0.0	6:58	4:53	
23	Fri	9:57	6.1	11:50	4.6	3:49	2.6	4:49	-0.3	6:59	4:53	
24	Sat	10:30	6.1			4:25	2.8	5:22	-0.5	7:00	4:52	
25	Sun	12:31	4.7	11:05 AM	6.2	5:02	2.9	5:57	-0.7	7:01	4:52	
26	Mon	1:12	4.7	11:42 AM	6.1	5:40	3.0	6:34	-0.7	7:02	4:52	
27	Tue	1:54	4.7	12:22	6.0	6:23	3.0	7:14	-0.7	7:03	4:51	
28	Wed	2:37	4.8	1:06	5.8	7:11	3.0	7:57	-0.6	7:04	4:51	
29	Thu	3:22	4.9	1:57	5.4	8:08	3.0	8:44	-0.3	7:05	4:51	
30	Fri	4:08	5.0	2:58	5.0	9:18	2.8	9:35	0.0	7:06	4:50	