

Alcatraz Island, CA - Dec 2068

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:56	5.2	4:14	4.6	10:36	2.4	10:30	0.5	7:07	4:50	
2	Sun	5:44	5.5	5:38	4.3	11:54	1.9	11:30	0.9	7:08	4:50	
3	Mon	6:32	5.8	7:08	4.2			1:00	1.1	7:09	4:50	
4	Tue	7:14	6.2	8:26	4.3	12:30	1.4	2:00	0.4	7:10	4:50	
5	Wed	8:02	6.6	9:38	4.6	1:24	1.8	2:54	-0.3	7:10	4:50	
6	Thu	8:44	6.8	10:38	4.8	2:18	2.1	3:42	-0.9	7:11	4:50	
7	Fri	9:32	7.0	11:32	5.0	3:12	2.4	4:30	-1.2	7:12	4:50	
8	Sat	10:14	7.0			4:06	2.5	5:12	-1.3	7:13	4:50	
9	Sun	12:20	5.1	11:02 AM	6.8	4:54	2.6	5:54	-1.3	7:14	4:50	
10	Mon	1:08	5.2	11:44 AM	6.6	5:48	2.7	6:42	-1.1	7:14	4:50	
11	Tue	1:56	5.2	12:32	6.2	6:42	2.7	7:24	-0.8	7:15	4:50	
12	Wed	2:38	5.2	1:20	5.7	7:36	2.7	8:06	-0.4	7:16	4:51	
13	Thu	3:20	5.1	2:08	5.2	8:36	2.7	8:48	0.1	7:17	4:51	
14	Fri	4:08	5.1	3:02	4.6	9:42	2.6	9:30	0.6	7:17	4:51	
15	Sat	4:50	5.2	4:02	4.1	10:54	2.4	10:18	1.1	7:18	4:52	
16	Sun	5:32	5.2	5:26	3.7			12:00	2.0	7:19	4:52	
17	Mon	6:14	5.4	6:56	3.6			1:00	1.6	7:19	4:52	
18	Tue	6:50	5.5	8:20	3.7	12:06	2.1	1:54	1.1	7:20	4:53	
19	Wed	7:32	5.7	9:20	3.9	1:00	2.4	2:36	0.6	7:20	4:53	
20	Thu	8:08	5.9	10:14	4.2	1:54	2.7	3:18	0.2	7:21	4:54	
21	Fri	8:50	6.1	10:56	4.4	2:36	2.9	3:54	-0.2	7:21	4:54	
22	Sat	9:26	6.2	11:38	4.6	3:18	3.0	4:30	-0.5	7:22	4:55	
23	Sun	10:08	6.3			4:00	3.0	5:06	-0.7	7:22	4:55	
24	Mon	12:14	4.7	10:44 AM	6.4	4:42	2.9	5:42	-0.9	7:23	4:56	
25	Tue	12:50	4.9	11:26 AM	6.4	5:24	2.9	6:18	-1.0	7:23	4:56	
26	Wed	1:26	5.0	12:08	6.2	6:12	2.7	6:54	-0.9	7:23	4:57	
27	Thu	2:08	5.1	12:56	5.9	7:00	2.6	7:36	-0.7	7:24	4:58	
28	Fri	2:44	5.3	1:50	5.5	7:54	2.4	8:18	-0.3	7:24	4:58	
29	Sat	3:26	5.5	2:50	4.9	9:00	2.1	9:06	0.3	7:24	4:59	
30	Sun	4:08	5.7	4:02	4.4	10:12	1.8	9:54	0.9	7:24	5:00	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Mon	4:56	5.9	5:32	4.1	11:30	1.3	10:54	1.4	7:25	5:01	