

Alcatraz Island, CA - Jan 2069

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:50	6.1	7:08	4.0			12:42	0.8	7:25	5:01	
2	Wed	6:44	6.4	8:32	4.2	12:00	2.0	1:48	0.2	7:25	5:02	
3	Thu	7:38	6.6	9:38	4.5	1:06	2.3	2:42	-0.3	7:25	5:03	
4	Fri	8:32	6.7	10:32	4.8	2:06	2.5	3:30	-0.7	7:25	5:04	
5	Sat	9:20	6.8	11:20	5.0	3:06	2.6	4:18	-0.9	7:25	5:05	
6	Sun	10:08	6.7			4:00	2.6	5:00	-1.0	7:25	5:06	
7	Mon	12:02	5.2	10:50 AM	6.6	4:48	2.5	5:42	-0.9	7:25	5:07	
8	Tue	12:44	5.2	11:32 AM	6.3	5:36	2.5	6:18	-0.8	7:25	5:08	
9	Wed	1:26	5.3	12:20	5.9	6:24	2.4	6:54	-0.5	7:24	5:09	
10	Thu	2:02	5.3	1:02	5.5	7:12	2.3	7:30	-0.1	7:24	5:10	
11	Fri	2:32	5.3	1:44	5.0	8:00	2.3	8:06	0.4	7:24	5:11	
12	Sat	3:08	5.3	2:32	4.5	8:54	2.2	8:42	0.9	7:24	5:12	
13	Sun	3:44	5.3	3:26	4.0	9:54	2.1	9:24	1.4	7:24	5:13	
14	Mon	4:26	5.3	4:38	3.6	11:00	1.9	10:12	2.0	7:23	5:14	
15	Tue	5:08	5.4	6:14	3.5			12:06	1.6	7:23	5:15	
16	Wed	5:50	5.5	7:50	3.6			1:12	1.2	7:23	5:16	
17	Thu	6:44	5.6	9:02	3.8	12:12	2.7	2:00	0.7	7:22	5:17	
18	Fri	7:32	5.8	9:50	4.1	1:12	2.9	2:48	0.3	7:22	5:18	
19	Sat	8:20	6.0	10:32	4.4	2:12	3.0	3:24	-0.1	7:21	5:19	
20	Sun	9:02	6.2	11:08	4.7	3:00	2.9	4:06	-0.5	7:21	5:20	
21	Mon	9:50	6.4	11:44	4.9	3:42	2.7	4:42	-0.7	7:20	5:21	
22	Tue	10:32	6.5			4:24	2.5	5:18	-0.9	7:20	5:22	
23	Wed	12:14	5.1	11:20 AM	6.5	5:12	2.3	5:54	-0.9	7:19	5:23	
24	Thu	12:50	5.3	12:02	6.3	5:54	2.0	6:30	-0.8	7:18	5:24	
25	Fri	1:26	5.5	12:56	5.9	6:48	1.7	7:12	-0.4	7:18	5:26	
26	Sat	2:02	5.7	1:50	5.5	7:42	1.5	7:54	0.1	7:17	5:27	
27	Sun	2:44	5.9	2:50	4.9	8:42	1.3	8:36	0.7	7:16	5:28	
28	Mon	3:32	6.0	4:02	4.3	9:48	1.1	9:30	1.4	7:15	5:29	
29	Tue	4:20	6.1	5:32	4.0	11:06	0.8	10:30	2.0	7:15	5:30	
30	Wed	5:14	6.2	7:08	4.0			12:24	0.5	7:14	5:31	
31	Thu	6:14	6.2	8:26	4.3			1:30	0.1	7:13	5:32	