

Alcatraz Island, CA - Mar 2069

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:53	5.8	8:13	4.5			1:07	0.1	6:39	6:03	
2	Sat	7:02	5.7	9:08	4.7	1:02	2.6	2:08	0.0	6:38	6:04	
3	Sun	8:05	5.7	9:53	5.0	2:09	2.4	2:59	-0.1	6:36	6:05	
4	Mon	9:01	5.7	10:31	5.1	3:04	2.1	3:42	-0.1	6:35	6:06	
5	Tue	9:51	5.6	11:04	5.2	3:51	1.8	4:19	0.0	6:33	6:07	
6	Wed	10:35	5.5	11:34	5.3	4:32	1.5	4:53	0.2	6:32	6:08	
7	Thu	11:17	5.4			5:10	1.3	5:24	0.4	6:31	6:09	
8	Fri	12:00	5.3	11:57 AM	5.2	5:46	1.1	5:53	0.7	6:29	6:10	
9	Sat	12:26	5.3	12:36	4.9	6:21	0.9	6:23	1.0	6:28	6:11	
10	Sun	12:51	5.4	2:16	4.7	7:56	0.8	7:52	1.4	7:26	7:12	
11	Mon	2:18	5.4	3:00	4.4	8:33	0.8	8:24	1.8	7:25	7:13	
12	Tue	2:48	5.3	3:49	4.1	9:14	0.8	8:58	2.2	7:23	7:14	
13	Wed	3:23	5.3	4:49	3.8	10:02	0.8	9:39	2.5	7:22	7:15	
14	Thu	4:05	5.2	6:06	3.7	10:58	0.8	10:35	2.9	7:20	7:16	
15	Fri	4:58	5.1	7:31	3.7			12:04	0.7	7:19	7:17	
16	Sat	6:01	5.0	8:40	4.0			1:12	0.6	7:17	7:18	
17	Sun	7:10	5.1	9:28	4.3	1:19	2.9	2:13	0.3	7:16	7:19	
18	Mon	8:17	5.2	10:06	4.6	2:25	2.6	3:05	0.0	7:14	7:20	
19	Tue	9:18	5.5	10:42	4.9	3:19	2.1	3:50	-0.1	7:13	7:21	
20	Wed	10:15	5.6	11:16	5.3	4:07	1.6	4:33	-0.2	7:11	7:22	
21	Thu	11:10	5.8	11:51	5.7	4:53	0.9	5:14	-0.1	7:09	7:23	
22	Fri			12:04	5.8	5:40	0.4	5:56	0.1	7:08	7:23	
23	Sat	12:27	6.0	12:58	5.6	6:27	-0.1	6:38	0.5	7:06	7:24	
24	Sun	1:05	6.2	1:54	5.4	7:16	-0.5	7:21	0.9	7:05	7:25	
25	Mon	1:45	6.4	2:52	5.1	8:07	-0.7	8:07	1.4	7:03	7:26	
26	Tue	2:29	6.3	3:56	4.8	9:02	-0.6	8:59	1.9	7:02	7:27	
27	Wed	3:17	6.1	5:06	4.5	10:02	-0.5	10:01	2.3	7:00	7:28	
28	Thu	4:12	5.8	6:23	4.4	11:09	-0.2	11:17	2.6	6:59	7:29	
29	Fri	5:16	5.5	7:39	4.5			12:21	0.0	6:57	7:30	
30	Sat	6:28	5.2	8:43	4.7	12:43	2.6	1:31	0.1	6:56	7:31	
31	Sun	7:43	5.0	9:33	4.9	2:00	2.3	2:33	0.2	6:54	7:32	