

Alcatraz Island, CA - Oct 2069

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:35	5.7	12:35	6.4	6:10	1.0	6:49	-0.3	7:06	6:51	
2	Wed	1:30	5.6	1:15	6.6	6:53	1.4	7:38	-0.5	7:07	6:50	
3	Thu	2:28	5.4	1:59	6.6	7:39	1.8	8:32	-0.5	7:07	6:48	
4	Fri	3:30	5.1	2:47	6.4	8:30	2.2	9:29	-0.4	7:08	6:47	
5	Sat	4:37	4.9	3:42	6.2	9:30	2.6	10:34	-0.2	7:09	6:45	
6	Sun	5:49	4.8	4:45	5.8	10:45	2.8	11:44	0.1	7:10	6:44	
7	Mon	7:02	4.8	5:57	5.5			12:11	2.8	7:11	6:42	
8	Tue	8:07	5.0	7:12	5.3	12:55	0.3	1:30	2.5	7:12	6:41	
9	Wed	9:00	5.2	8:24	5.2	1:59	0.4	2:36	2.1	7:13	6:40	
10	Thu	9:44	5.5	9:27	5.2	2:54	0.5	3:30	1.6	7:14	6:38	
11	Fri	10:22	5.6	10:23	5.2	3:40	0.7	4:17	1.2	7:15	6:37	
12	Sat	10:55	5.7	11:13	5.1	4:20	0.9	4:58	0.9	7:16	6:35	
13	Sun	11:25	5.8	11:59	5.0	4:56	1.2	5:35	0.6	7:17	6:34	
14	Mon	11:52	5.8			5:30	1.5	6:09	0.4	7:18	6:32	
15	Tue	12:42	5.0	12:18	5.8	6:02	1.9	6:42	0.3	7:18	6:31	
16	Wed	1:24	4.8	12:45	5.7	6:35	2.2	7:15	0.2	7:19	6:30	
17	Thu	2:06	4.7	1:14	5.7	7:07	2.4	7:50	0.2	7:20	6:28	
18	Fri	2:50	4.6	1:45	5.6	7:42	2.7	8:27	0.2	7:21	6:27	
19	Sat	3:36	4.5	2:22	5.4	8:20	2.9	9:09	0.3	7:22	6:26	
20	Sun	4:29	4.3	3:04	5.2	9:06	3.1	9:57	0.4	7:23	6:24	
21	Mon	5:27	4.3	3:56	5.0	10:07	3.2	10:52	0.5	7:24	6:23	
22	Tue	6:28	4.4	4:59	4.8	11:27	3.2	11:53	0.6	7:25	6:22	
23	Wed	7:23	4.6	6:11	4.7			12:47	2.9	7:26	6:20	
24	Thu	8:09	4.8	7:26	4.7	12:53	0.6	1:51	2.5	7:27	6:19	
25	Fri	8:48	5.2	8:36	4.8	1:49	0.7	2:43	1.8	7:28	6:18	
26	Sat	9:25	5.6	9:41	5.0	2:39	0.8	3:30	1.1	7:29	6:17	
27	Sun	10:02	6.0	10:41	5.2	3:26	0.9	4:15	0.4	7:30	6:16	
28	Mon	10:39	6.3	11:39	5.3	4:11	1.1	5:01	-0.3	7:31	6:14	
29	Tue	11:18	6.6			4:56	1.4	5:47	-0.8	7:32	6:13	
30	Wed	12:35	5.4	11:59 AM	6.8	5:41	1.7	6:35	-1.1	7:33	6:12	
31	Thu	1:31	5.3	12:43	6.9	6:29	2.0	7:24	-1.3	7:34	6:11	