

Alcatraz Island, CA - Dec 2069

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:12	5.3	1:01	6.4	7:03	2.6	7:49	-1.0	7:07	4:50	
2	Mon	3:04	5.3	1:55	5.8	8:07	2.6	8:39	-0.6	7:08	4:50	
3	Tue	3:56	5.3	2:54	5.2	9:18	2.5	9:32	0.0	7:08	4:50	
4	Wed	4:48	5.4	4:01	4.6	10:35	2.3	10:27	0.5	7:09	4:50	
5	Thu	5:40	5.5	5:19	4.2	11:50	2.0	11:24	1.1	7:10	4:50	
6	Fri	6:28	5.6	6:44	3.9			12:57	1.5	7:11	4:50	
7	Sat	7:12	5.7	8:04	4.0	12:21	1.5	1:53	1.1	7:12	4:50	
8	Sun	7:51	5.8	9:11	4.1	1:14	1.9	2:41	0.6	7:13	4:50	
9	Mon	8:27	5.9	10:06	4.3	2:03	2.3	3:22	0.3	7:14	4:50	
10	Tue	9:01	6.0	10:53	4.5	2:48	2.5	3:59	0.0	7:14	4:50	
11	Wed	9:34	6.1	11:34	4.6	3:30	2.7	4:33	-0.2	7:15	4:50	
12	Thu	10:08	6.1			4:08	2.8	5:05	-0.4	7:16	4:51	
13	Fri	12:12	4.7	10:42 AM	6.1	4:45	2.9	5:37	-0.5	7:17	4:51	
14	Sat	12:48	4.7	11:18 AM	6.0	5:22	3.0	6:09	-0.6	7:17	4:51	
15	Sun	1:23	4.8	11:54 AM	5.9	5:59	3.0	6:42	-0.6	7:18	4:51	
16	Mon	1:59	4.8	12:32	5.7	6:40	2.9	7:18	-0.5	7:18	4:52	
17	Tue	2:35	4.9	1:14	5.4	7:26	2.9	7:56	-0.3	7:19	4:52	
18	Wed	3:13	5.0	2:02	5.1	8:20	2.8	8:37	0.0	7:20	4:53	
19	Thu	3:54	5.2	3:00	4.6	9:23	2.6	9:23	0.4	7:20	4:53	
20	Fri	4:37	5.4	4:13	4.2	10:35	2.2	10:15	0.9	7:21	4:53	
21	Sat	5:22	5.6	5:42	4.0	11:49	1.6	11:12	1.4	7:21	4:54	
22	Sun	6:10	6.0	7:13	4.0			12:55	0.9	7:22	4:54	
23	Mon	6:59	6.3	8:34	4.2	12:14	1.8	1:54	0.2	7:22	4:55	
24	Tue	7:48	6.6	9:41	4.5	1:15	2.2	2:47	-0.4	7:23	4:56	
25	Wed	8:38	6.9	10:38	4.8	2:15	2.4	3:37	-1.0	7:23	4:56	
26	Thu	9:28	7.1	11:29	5.1	3:12	2.5	4:25	-1.3	7:23	4:57	
27	Fri	10:17	7.1			4:06	2.5	5:11	-1.5	7:24	4:58	
28	Sat	12:17	5.3	11:07 AM	7.0	5:00	2.4	5:56	-1.4	7:24	4:58	
29	Sun	1:02	5.4	11:56 AM	6.7	5:54	2.4	6:41	-1.2	7:24	4:59	
30	Mon	1:47	5.5	12:45	6.2	6:49	2.3	7:24	-0.8	7:24	5:00	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Tue	2:30	5.5	1:36	5.7	7:47	2.2	8:09	-0.3	7:24	5:00	