

Alcatraz Island, CA - Jan 2070

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:16	5.5	2:31	5.1	8:51	2.2	8:54	0.2	7:25	5:01	
2	Thu	4:01	5.5	3:31	4.5	9:58	2.1	9:41	0.8	7:25	5:02	
3	Fri	4:47	5.5	4:44	4.0	11:09	1.9	10:33	1.4	7:25	5:03	
4	Sat	5:33	5.5	6:12	3.7			12:18	1.6	7:25	5:04	
5	Sun	6:19	5.6	7:42	3.7			1:19	1.2	7:25	5:05	
6	Mon	7:04	5.7	8:56	3.9	12:31	2.4	2:11	0.8	7:25	5:06	
7	Tue	7:47	5.8	9:51	4.2	1:29	2.6	2:56	0.4	7:25	5:06	
8	Wed	8:28	5.9	10:35	4.4	2:21	2.8	3:35	0.1	7:25	5:07	
9	Thu	9:08	6.1	11:13	4.5	3:06	2.8	4:11	-0.2	7:25	5:08	
10	Fri	9:46	6.1	11:47	4.7	3:48	2.8	4:44	-0.4	7:24	5:09	
11	Sat	10:24	6.2			4:26	2.8	5:16	-0.5	7:24	5:10	
12	Sun	12:19	4.8	11:03 AM	6.2	5:03	2.7	5:48	-0.6	7:24	5:11	
13	Mon	12:51	4.9	11:41 AM	6.1	5:41	2.6	6:20	-0.6	7:24	5:12	
14	Tue	1:23	5.1	12:22	5.9	6:22	2.4	6:54	-0.5	7:23	5:13	
15	Wed	1:57	5.2	1:05	5.6	7:06	2.3	7:31	-0.2	7:23	5:14	
16	Thu	2:32	5.4	1:54	5.2	7:57	2.1	8:10	0.2	7:23	5:15	
17	Fri	3:11	5.5	2:52	4.7	8:55	1.9	8:54	0.7	7:22	5:17	
18	Sat	3:53	5.7	4:04	4.2	10:02	1.6	9:44	1.3	7:22	5:18	
19	Sun	4:41	5.9	5:35	3.9	11:17	1.2	10:44	1.8	7:21	5:19	
20	Mon	5:35	6.1	7:10	3.9			12:31	0.7	7:21	5:20	
21	Tue	6:32	6.3	8:32	4.2			1:37	0.1	7:20	5:21	
22	Wed	7:30	6.5	9:35	4.6	1:03	2.5	2:35	-0.4	7:20	5:22	
23	Thu	8:26	6.7	10:27	4.9	2:09	2.5	3:26	-0.8	7:19	5:23	
24	Fri	9:20	6.8	11:13	5.2	3:08	2.4	4:13	-1.0	7:18	5:24	
25	Sat	10:11	6.8	11:56	5.4	4:03	2.3	4:57	-1.1	7:18	5:25	
26	Sun	11:00	6.6			4:55	2.1	5:39	-1.0	7:17	5:26	
27	Mon	12:36	5.5	11:48 AM	6.3	5:45	1.9	6:19	-0.7	7:16	5:27	
28	Tue	1:14	5.6	12:34	5.9	6:34	1.8	6:58	-0.3	7:16	5:29	
29	Wed	1:52	5.6	1:21	5.5	7:24	1.7	7:36	0.1	7:15	5:30	
30	Thu	2:28	5.6	2:10	4.9	8:15	1.7	8:15	0.7	7:14	5:31	
31	Fri	3:06	5.5	3:04	4.4	9:10	1.6	8:55	1.3	7:13	5:32	