

Alcatraz Island, CA - Jul 2070

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:57	4.0	6:42	5.8	12:12	1.8	11:41 AM	1.2	5:51	8:35	
2	Wed	7:27	3.8	7:30	6.1	1:19	1.2	12:40	1.6	5:52	8:35	
3	Thu	8:54	4.0	8:20	6.4	2:21	0.6	1:41	2.0	5:52	8:35	
4	Fri	10:07	4.2	9:10	6.7	3:17	-0.1	2:42	2.3	5:53	8:35	
5	Sat	11:09	4.6	10:02	7.0	4:09	-0.7	3:41	2.4	5:53	8:35	
6	Sun			12:03	4.9	4:59	-1.1	4:38	2.4	5:54	8:34	
7	Mon			12:52	5.1	5:47	-1.3	5:33	2.3	5:55	8:34	
8	Tue			1:38	5.3	6:34	-1.4	6:29	2.3	5:55	8:34	
9	Wed	12:36	6.8	2:23	5.5	7:20	-1.3	7:25	2.2	5:56	8:34	
10	Thu	1:27	6.5	3:08	5.6	8:05	-1.0	8:23	2.1	5:56	8:33	
11	Fri	2:19	6.0	3:52	5.6	8:50	-0.5	9:24	2.0	5:57	8:33	
12	Sat	3:14	5.4	4:36	5.7	9:35	0.0	10:29	1.9	5:58	8:32	
13	Sun	4:13	4.8	5:21	5.7	10:22	0.7	11:38	1.7	5:58	8:32	
14	Mon	5:22	4.2	6:08	5.7	11:12	1.3			5:59	8:31	
15	Tue	6:44	3.9	6:56	5.7	12:48	1.5	12:08	1.8	6:00	8:31	
16	Wed	8:14	3.8	7:43	5.8	1:53	1.2	1:09	2.3	6:01	8:30	
17	Thu	9:33	3.9	8:29	5.9	2:50	0.8	2:08	2.6	6:01	8:30	
18	Fri	10:34	4.2	9:12	5.9	3:38	0.5	3:03	2.8	6:02	8:29	
19	Sat	11:21	4.4	9:54	6.0	4:21	0.2	3:51	2.9	6:03	8:29	
20	Sun			12:01	4.5	4:59	0.0	4:35	2.9	6:04	8:28	
21	Mon			12:35	4.6	5:33	-0.1	5:14	2.8	6:04	8:27	
22	Tue			1:07	4.8	6:06	-0.3	5:52	2.7	6:05	8:26	
23	Wed			1:37	4.9	6:37	-0.3	6:29	2.6	6:06	8:26	
24	Thu	12:29	6.0	2:08	5.0	7:08	-0.3	7:08	2.5	6:07	8:25	
25	Fri	1:08	5.8	2:39	5.2	7:40	-0.2	7:49	2.3	6:08	8:24	
26	Sat	1:50	5.6	3:12	5.3	8:14	0.0	8:36	2.1	6:08	8:23	
27	Sun	2:35	5.2	3:47	5.5	8:50	0.3	9:28	1.9	6:09	8:22	
28	Mon	3:28	4.8	4:26	5.7	9:31	0.8	10:29	1.7	6:10	8:22	
29	Tue	4:32	4.4	5:11	5.9	10:16	1.3	11:37	1.4	6:11	8:21	
30	Wed	5:53	4.1	6:01	6.0	11:11	1.8			6:12	8:20	
31	Thu	7:25	4.0	6:56	6.3	12:50	0.9	12:15	2.3	6:13	8:19	