

Alcatraz Island, CA - Jan 2072

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:35	6.0	9:15	4.2	1:01	2.2	2:32	0.4	7:25	5:01	
2	Sat	8:19	6.3	10:11	4.5	1:55	2.4	3:15	-0.2	7:25	5:02	
3	Sun	9:04	6.6	11:02	4.8	2:47	2.5	3:58	-0.8	7:25	5:03	
4	Mon	9:50	6.8	11:48	5.1	3:37	2.5	4:42	-1.2	7:25	5:03	
5	Tue	10:37	7.0			4:27	2.5	5:26	-1.4	7:25	5:04	
6	Wed	12:34	5.3	11:26 AM	6.9	5:18	2.4	6:12	-1.5	7:25	5:05	
7	Thu	1:19	5.4	12:16	6.7	6:12	2.3	6:58	-1.3	7:25	5:06	
8	Fri	2:04	5.5	1:09	6.3	7:08	2.2	7:44	-1.0	7:25	5:07	
9	Sat	2:50	5.7	2:06	5.8	8:10	2.0	8:33	-0.4	7:25	5:08	
10	Sun	3:38	5.8	3:10	5.1	9:19	1.9	9:24	0.2	7:24	5:09	
11	Mon	4:28	5.9	4:24	4.5	10:35	1.6	10:20	0.9	7:24	5:10	
12	Tue	5:20	5.9	5:50	4.1	11:52	1.3	11:21	1.5	7:24	5:11	
13	Wed	6:13	6.0	7:22	4.0			1:03	0.9	7:24	5:12	
14	Thu	7:05	6.1	8:42	4.2	12:26	2.0	2:04	0.4	7:23	5:13	
15	Fri	7:55	6.2	9:45	4.5	1:29	2.3	2:56	0.1	7:23	5:14	
16	Sat	8:40	6.2	10:36	4.7	2:26	2.5	3:40	-0.2	7:23	5:15	
17	Sun	9:23	6.2	11:20	4.8	3:17	2.6	4:20	-0.3	7:22	5:16	
18	Mon	10:02	6.2	11:58	4.9	4:03	2.7	4:55	-0.4	7:22	5:17	
19	Tue	10:39	6.1			4:44	2.7	5:28	-0.4	7:22	5:18	
20	Wed	12:32	4.9	11:15 AM	6.0	5:22	2.7	6:00	-0.4	7:21	5:19	
21	Thu	1:03	4.9	11:50 AM	5.8	5:59	2.6	6:30	-0.3	7:21	5:20	
22	Fri	1:32	4.9	12:26	5.6	6:36	2.5	7:01	-0.1	7:20	5:21	
23	Sat	2:01	5.0	1:03	5.3	7:14	2.5	7:33	0.2	7:19	5:22	
24	Sun	2:32	5.0	1:43	4.9	7:56	2.4	8:06	0.5	7:19	5:24	
25	Mon	3:04	5.1	2:30	4.5	8:45	2.3	8:42	0.9	7:18	5:25	
26	Tue	3:41	5.2	3:28	4.1	9:42	2.1	9:24	1.4	7:17	5:26	
27	Wed	4:22	5.3	4:46	3.8	10:48	1.8	10:15	1.9	7:17	5:27	
28	Thu	5:09	5.5	6:22	3.7	11:58	1.4	11:16	2.3	7:16	5:28	
29	Fri	6:00	5.7	7:52	3.8			1:02	0.9	7:15	5:29	
30	Sat	6:54	5.9	9:01	4.2	12:24	2.6	1:59	0.3	7:14	5:30	
31	Sun	7:48	6.2	9:55	4.5	1:30	2.6	2:50	-0.3	7:14	5:31	