

Alcatraz Island, CA - Aug 2072

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:18	5.7	2:47	5.1	7:51	0.1	8:03	2.4	6:14	8:17	
2	Tue	1:55	5.4	3:17	5.1	8:23	0.4	8:45	2.3	6:15	8:16	
3	Wed	2:36	5.0	3:48	5.2	8:55	0.7	9:31	2.2	6:16	8:15	
4	Thu	3:21	4.7	4:23	5.3	9:31	1.1	10:24	2.1	6:16	8:14	
5	Fri	4:15	4.3	5:02	5.4	10:10	1.6	11:26	1.9	6:17	8:13	
6	Sat	5:25	3.9	5:46	5.5	10:57	2.0			6:18	8:12	
7	Sun	6:53	3.8	6:36	5.7	12:32	1.6	11:55 AM	2.4	6:19	8:11	
8	Mon	8:23	3.9	7:29	5.9	1:37	1.2	1:00	2.7	6:20	8:10	
9	Tue	9:35	4.2	8:23	6.2	2:34	0.7	2:05	2.8	6:21	8:09	
10	Wed	10:30	4.5	9:17	6.4	3:26	0.1	3:04	2.7	6:22	8:07	
11	Thu	11:17	4.8	10:09	6.7	4:13	-0.3	3:58	2.6	6:22	8:06	
12	Fri	11:59	5.1	11:01	6.9	4:59	-0.7	4:49	2.3	6:23	8:05	
13	Sat			12:40	5.4	5:43	-0.9	5:40	2.0	6:24	8:04	
14	Sun			1:20	5.6	6:27	-0.9	6:32	1.7	6:25	8:02	
15	Mon	12:45	6.7	2:01	5.8	7:11	-0.7	7:25	1.4	6:26	8:01	
16	Tue	1:39	6.4	2:43	6.0	7:55	-0.3	8:22	1.2	6:27	8:00	
17	Wed	2:36	5.9	3:26	6.1	8:40	0.2	9:22	1.1	6:28	7:59	
18	Thu	3:37	5.4	4:12	6.1	9:29	0.9	10:28	1.0	6:28	7:57	
19	Fri	4:46	4.8	5:03	6.1	10:22	1.5	11:39	0.9	6:29	7:56	
20	Sat	6:07	4.4	5:58	6.0	11:25	2.1			6:30	7:55	
21	Sun	7:36	4.3	6:58	6.0	12:53	0.7	12:37	2.5	6:31	7:53	
22	Mon	8:57	4.5	7:58	6.0	2:02	0.6	1:49	2.7	6:32	7:52	
23	Tue	10:00	4.7	8:54	6.0	3:02	0.4	2:53	2.7	6:33	7:50	
24	Wed	10:50	4.9	9:45	6.0	3:52	0.2	3:47	2.6	6:34	7:49	
25	Thu	11:30	5.0	10:30	6.0	4:35	0.1	4:33	2.5	6:34	7:48	
26	Fri			12:05	5.1	5:13	0.1	5:13	2.3	6:35	7:46	
27	Sat			12:36	5.1	5:46	0.2	5:50	2.2	6:36	7:45	
28	Sun			1:03	5.2	6:18	0.3	6:25	2.0	6:37	7:43	
29	Mon	12:28	5.7	1:29	5.2	6:47	0.4	6:59	1.9	6:38	7:42	
30	Tue	1:05	5.5	1:55	5.3	7:17	0.7	7:34	1.7	6:39	7:40	
31	Wed	1:43	5.3	2:23	5.3	7:46	1.0	8:10	1.6	6:39	7:39	