

Alcatraz Island, CA - Jan 2073

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:44	5.9	6:01	4.2			12:07	1.5	7:25	5:01	
2	Mon	6:35	6.1	7:31	4.1			1:16	0.8	7:25	5:02	
3	Tue	7:25	6.3	8:50	4.3	12:40	1.7	2:15	0.2	7:25	5:03	
4	Wed	8:13	6.5	9:55	4.6	1:41	2.1	3:07	-0.3	7:25	5:04	
5	Thu	8:59	6.6	10:50	4.8	2:37	2.4	3:54	-0.6	7:25	5:05	
6	Fri	9:43	6.6	11:39	5.0	3:30	2.5	4:37	-0.8	7:25	5:06	
7	Sat	10:25	6.6			4:19	2.6	5:17	-0.9	7:25	5:07	
8	Sun	12:23	5.1	11:05 AM	6.4	5:06	2.7	5:55	-0.8	7:25	5:08	
9	Mon	1:03	5.1	11:45 AM	6.2	5:51	2.7	6:31	-0.7	7:24	5:09	
10	Tue	1:41	5.1	12:23	5.9	6:35	2.7	7:07	-0.4	7:24	5:10	
11	Wed	2:17	5.0	1:02	5.5	7:19	2.7	7:43	-0.1	7:24	5:11	
12	Thu	2:52	5.0	1:43	5.1	8:07	2.7	8:19	0.3	7:24	5:12	
13	Fri	3:27	5.0	2:29	4.6	9:00	2.6	8:57	0.7	7:24	5:13	
14	Sat	4:03	5.0	3:24	4.2	10:02	2.5	9:39	1.2	7:23	5:14	
15	Sun	4:43	5.1	4:36	3.8	11:10	2.2	10:27	1.7	7:23	5:15	
16	Mon	5:25	5.2	6:06	3.6			12:17	1.8	7:22	5:16	
17	Tue	6:10	5.4	7:38	3.6			1:16	1.4	7:22	5:17	
18	Wed	6:56	5.6	8:52	3.9	12:23	2.4	2:05	0.8	7:22	5:18	
19	Thu	7:42	5.9	9:48	4.2	1:22	2.7	2:49	0.3	7:21	5:19	
20	Fri	8:27	6.2	10:34	4.5	2:15	2.8	3:30	-0.2	7:21	5:20	
21	Sat	9:12	6.4	11:16	4.8	3:04	2.8	4:10	-0.6	7:20	5:21	
22	Sun	9:57	6.6	11:56	5.0	3:51	2.7	4:50	-1.0	7:20	5:22	
23	Mon	10:43	6.7			4:37	2.5	5:30	-1.2	7:19	5:23	
24	Tue	12:35	5.2	11:31 AM	6.7	5:24	2.3	6:12	-1.2	7:18	5:24	
25	Wed	1:14	5.4	12:20	6.5	6:14	2.1	6:54	-1.0	7:18	5:26	
26	Thu	1:55	5.5	1:11	6.1	7:07	1.9	7:38	-0.6	7:17	5:27	
27	Fri	2:37	5.7	2:08	5.6	8:06	1.7	8:23	-0.1	7:16	5:28	
28	Sat	3:21	5.8	3:12	5.0	9:11	1.5	9:13	0.6	7:15	5:29	
29	Sun	4:09	5.9	4:29	4.4	10:24	1.3	10:08	1.3	7:15	5:30	
30	Mon	5:01	6.0	6:00	4.1	11:41	0.9	11:12	1.9	7:14	5:31	
31	Tue	5:57	6.1	7:34	4.1			12:55	0.5	7:13	5:32	