

Alcatraz Island, CA - Jan 2074

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:59	5.2	1:44	5.6	8:04	2.8	8:28	-0.3	7:25	5:01	
2	Tue	3:43	5.2	2:35	5.0	9:06	2.7	9:13	0.2	7:25	5:02	
3	Wed	4:28	5.2	3:34	4.4	10:15	2.6	10:00	0.7	7:25	5:03	
4	Thu	5:12	5.2	4:46	4.0	11:27	2.3	10:51	1.3	7:25	5:04	
5	Fri	5:55	5.3	6:12	3.7			12:34	1.9	7:25	5:05	
6	Sat	6:36	5.4	7:41	3.7			1:32	1.4	7:25	5:06	
7	Sun	7:16	5.6	8:55	3.9	12:42	2.2	2:21	0.9	7:25	5:07	
8	Mon	7:55	5.8	9:53	4.1	1:35	2.5	3:03	0.5	7:25	5:07	
9	Tue	8:33	6.0	10:40	4.4	2:24	2.7	3:41	0.1	7:24	5:08	
10	Wed	9:11	6.1	11:20	4.6	3:08	2.8	4:15	-0.2	7:24	5:09	
11	Thu	9:49	6.3	11:58	4.7	3:49	2.9	4:49	-0.5	7:24	5:10	
12	Fri	10:27	6.3			4:29	2.9	5:23	-0.7	7:24	5:11	
13	Sat	12:34	4.9	11:07 AM	6.4	5:08	2.9	5:58	-0.9	7:24	5:12	
14	Sun	1:10	5.0	11:48 AM	6.3	5:49	2.8	6:35	-0.9	7:23	5:13	
15	Mon	1:47	5.1	12:31	6.1	6:33	2.7	7:14	-0.8	7:23	5:14	
16	Tue	2:24	5.2	1:17	5.8	7:22	2.5	7:54	-0.5	7:23	5:15	
17	Wed	3:04	5.3	2:10	5.4	8:18	2.3	8:38	-0.1	7:22	5:17	
18	Thu	3:46	5.4	3:12	4.8	9:23	2.1	9:25	0.5	7:22	5:18	
19	Fri	4:31	5.6	4:31	4.3	10:37	1.7	10:19	1.1	7:21	5:19	
20	Sat	5:20	5.8	6:04	4.0	11:53	1.2	11:20	1.7	7:21	5:20	
21	Sun	6:12	6.1	7:39	4.0			1:04	0.6	7:20	5:21	
22	Mon	7:06	6.3	8:59	4.3	12:27	2.2	2:06	0.0	7:20	5:22	
23	Tue	7:59	6.5	10:02	4.7	1:34	2.5	3:01	-0.5	7:19	5:23	
24	Wed	8:51	6.7	10:54	4.9	2:35	2.6	3:50	-0.9	7:18	5:24	
25	Thu	9:41	6.7	11:40	5.1	3:32	2.6	4:36	-1.0	7:18	5:25	
26	Fri	10:28	6.7			4:24	2.6	5:18	-1.1	7:17	5:26	
27	Sat	12:22	5.2	11:14 AM	6.5	5:13	2.5	5:59	-1.0	7:16	5:27	
28	Sun	1:01	5.3	11:58 AM	6.2	6:00	2.4	6:37	-0.7	7:16	5:29	
29	Mon	1:39	5.3	12:41	5.8	6:47	2.3	7:15	-0.4	7:15	5:30	
30	Tue	2:14	5.2	1:25	5.4	7:34	2.2	7:52	0.1	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Wed	2:49	5.2	2:11	4.9	8:24	2.1	8:29	0.6	7:13	5:32	