

Alcatraz Island, CA - Jan 2075

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:03	4.7	10:23 AM	6.2	4:29	3.0	5:26	-0.5	7:25	5:01	
2	Wed	12:40	4.7	10:57 AM	6.1	5:06	3.1	5:57	-0.6	7:25	5:02	
3	Thu	1:15	4.7	11:33 AM	6.1	5:43	3.1	6:30	-0.6	7:25	5:03	
4	Fri	1:49	4.8	12:09	5.9	6:20	3.1	7:03	-0.6	7:25	5:04	
5	Sat	2:24	4.8	12:48	5.7	7:01	3.1	7:39	-0.4	7:25	5:04	
6	Sun	3:00	4.9	1:30	5.4	7:48	3.0	8:17	-0.2	7:25	5:05	
7	Mon	3:38	5.0	2:19	5.0	8:43	2.8	8:59	0.1	7:25	5:06	
8	Tue	4:18	5.1	3:20	4.5	9:49	2.6	9:45	0.6	7:25	5:07	
9	Wed	5:00	5.3	4:38	4.1	11:02	2.1	10:38	1.2	7:25	5:08	
10	Thu	5:44	5.6	6:14	3.9			12:13	1.5	7:24	5:09	
11	Fri	6:30	5.9	7:48	4.0			1:18	0.8	7:24	5:10	
12	Sat	7:18	6.3	9:07	4.3	12:38	2.1	2:15	0.0	7:24	5:11	
13	Sun	8:07	6.6	10:11	4.6	1:40	2.5	3:07	-0.7	7:24	5:12	
14	Mon	8:57	6.9	11:06	4.9	2:39	2.7	3:57	-1.2	7:23	5:13	
15	Tue	9:48	7.1	11:55	5.1	3:35	2.7	4:46	-1.5	7:23	5:14	
16	Wed	10:38	7.1			4:30	2.7	5:33	-1.6	7:23	5:15	
17	Thu	12:41	5.3	11:28 AM	6.9	5:24	2.6	6:18	-1.5	7:22	5:16	
18	Fri	1:25	5.4	12:18	6.6	6:18	2.5	7:03	-1.2	7:22	5:17	
19	Sat	2:08	5.4	1:09	6.1	7:13	2.4	7:47	-0.7	7:21	5:18	
20	Sun	2:51	5.4	2:01	5.5	8:12	2.2	8:31	-0.2	7:21	5:19	
21	Mon	3:34	5.5	2:59	4.9	9:16	2.1	9:17	0.5	7:20	5:21	
22	Tue	4:17	5.5	4:06	4.3	10:26	1.9	10:05	1.1	7:20	5:22	
23	Wed	5:02	5.5	5:30	3.8	11:38	1.7	11:00	1.8	7:19	5:23	
24	Thu	5:48	5.5	7:07	3.7			12:47	1.3	7:19	5:24	
25	Fri	6:33	5.6	8:33	3.9	12:01	2.3	1:46	0.9	7:18	5:25	
26	Sat	7:19	5.7	9:37	4.2	1:03	2.7	2:36	0.5	7:17	5:26	
27	Sun	8:02	5.8	10:26	4.4	2:00	2.9	3:19	0.2	7:17	5:27	
28	Mon	8:44	5.9	11:05	4.6	2:51	3.0	3:57	-0.1	7:16	5:28	
29	Tue	9:25	6.0	11:39	4.7	3:35	3.0	4:32	-0.3	7:15	5:29	
30	Wed	10:04	6.1			4:14	2.9	5:04	-0.4	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Thu	12:11	4.8	10:42 AM	6.1	4:51	2.8	5:35	-0.5	7:13	5:32	