

Alcatraz Island, CA - Jan 2076

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:03	5.8	8:21	3.9	12:12	1.9	1:52	0.8	7:25	5:01	
2	Thu	7:43	6.2	9:33	4.2	1:07	2.3	2:40	0.1	7:25	5:02	
3	Fri	8:26	6.5	10:33	4.6	2:02	2.6	3:27	-0.6	7:25	5:03	
4	Sat	9:11	6.8	11:26	4.8	2:55	2.8	4:13	-1.2	7:25	5:03	
5	Sun	9:59	7.1			3:47	2.9	5:00	-1.6	7:25	5:04	
6	Mon	12:15	5.1	10:48 AM	7.2	4:40	2.9	5:48	-1.8	7:25	5:05	
7	Tue	1:02	5.2	11:39 AM	7.1	5:33	2.8	6:35	-1.7	7:25	5:06	
8	Wed	1:48	5.3	12:31	6.8	6:29	2.7	7:23	-1.5	7:25	5:07	
9	Thu	2:34	5.4	1:26	6.3	7:30	2.6	8:11	-1.0	7:25	5:08	
10	Fri	3:20	5.5	2:25	5.7	8:36	2.4	9:00	-0.4	7:24	5:09	
11	Sat	4:07	5.6	3:31	4.9	9:50	2.1	9:50	0.3	7:24	5:10	
12	Sun	4:55	5.7	4:50	4.3	11:08	1.8	10:44	1.0	7:24	5:11	
13	Mon	5:43	5.8	6:21	3.9			12:24	1.3	7:24	5:12	
14	Tue	6:31	5.9	7:55	3.9			1:30	0.8	7:23	5:13	
15	Wed	7:17	6.0	9:12	4.2	12:43	2.2	2:26	0.4	7:23	5:14	
16	Thu	8:01	6.1	10:13	4.4	1:42	2.6	3:14	0.0	7:23	5:15	
17	Fri	8:43	6.1	11:02	4.6	2:37	2.9	3:55	-0.2	7:22	5:16	
18	Sat	9:22	6.1	11:43	4.8	3:26	3.0	4:32	-0.4	7:22	5:17	
19	Sun	10:00	6.1			4:09	3.1	5:07	-0.5	7:22	5:18	
20	Mon	12:19	4.8	10:36 AM	6.1	4:49	3.1	5:39	-0.5	7:21	5:19	
21	Tue	12:52	4.8	11:12 AM	6.0	5:26	3.0	6:10	-0.5	7:20	5:20	
22	Wed	1:22	4.8	11:48 AM	5.9	6:02	2.9	6:40	-0.4	7:20	5:21	
23	Thu	1:51	4.8	12:24	5.7	6:38	2.8	7:11	-0.3	7:19	5:23	
24	Fri	2:20	4.8	1:02	5.4	7:18	2.7	7:42	0.0	7:19	5:24	
25	Sat	2:50	4.9	1:43	5.0	8:02	2.6	8:15	0.3	7:18	5:25	
26	Sun	3:22	5.0	2:32	4.6	8:54	2.4	8:52	0.8	7:17	5:26	
27	Mon	3:57	5.2	3:34	4.1	9:55	2.1	9:33	1.4	7:17	5:27	
28	Tue	4:36	5.3	5:01	3.7	11:04	1.7	10:23	1.9	7:16	5:28	
29	Wed	5:21	5.6	6:46	3.7			12:13	1.1	7:15	5:29	
30	Thu	6:10	5.8	8:21	3.9			1:18	0.5	7:14	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Fri	7:04	6.1	9:31	4.3	12:34	2.8	2:15	-0.2	7:14	5:31	