

Alcatraz Island, CA - May 2076

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:36	4.9	11:36	6.0	5:15	0.1	5:05	0.8	6:12	8:01	
2	Sat			12:31	4.8	5:58	-0.4	5:46	1.3	6:11	8:02	
3	Sun	12:08	6.1	1:25	4.8	6:40	-0.7	6:26	1.8	6:10	8:02	
4	Mon	12:40	6.1	2:19	4.7	7:21	-0.8	7:08	2.2	6:08	8:03	
5	Tue	1:12	5.9	3:13	4.5	8:01	-0.8	7:51	2.6	6:07	8:04	
6	Wed	1:46	5.7	4:09	4.4	8:43	-0.7	8:39	3.0	6:06	8:05	
7	Thu	2:22	5.4	5:09	4.3	9:28	-0.4	9:36	3.2	6:05	8:06	
8	Fri	3:04	5.1	6:12	4.3	10:18	-0.2	10:48	3.3	6:04	8:07	
9	Sat	3:53	4.8	7:11	4.3	11:13	0.1			6:03	8:08	
10	Sun	4:55	4.4	8:01	4.4	12:10	3.2	12:13	0.3	6:02	8:09	
11	Mon	6:06	4.2	8:39	4.6	1:22	2.9	1:10	0.4	6:02	8:10	
12	Tue	7:21	4.0	9:11	4.8	2:19	2.4	2:00	0.6	6:01	8:11	
13	Wed	8:31	4.0	9:39	5.0	3:07	1.9	2:44	0.7	6:00	8:11	
14	Thu	9:33	4.1	10:06	5.3	3:47	1.4	3:23	0.9	5:59	8:12	
15	Fri	10:31	4.2	10:34	5.6	4:24	0.8	4:00	1.2	5:58	8:13	
16	Sat	11:25	4.3	11:03	5.8	5:00	0.2	4:37	1.5	5:57	8:14	
17	Sun			12:18	4.5	5:36	-0.3	5:14	1.9	5:57	8:15	
18	Mon			1:11	4.6	6:14	-0.8	5:54	2.2	5:56	8:16	
19	Tue	12:08	6.2	2:04	4.6	6:55	-1.2	6:36	2.6	5:55	8:17	
20	Wed	12:46	6.3	2:59	4.6	7:40	-1.4	7:23	2.8	5:54	8:17	
21	Thu	1:29	6.3	3:56	4.6	8:29	-1.4	8:16	3.0	5:54	8:18	
22	Fri	2:17	6.1	4:55	4.7	9:21	-1.3	9:20	3.1	5:53	8:19	
23	Sat	3:13	5.8	5:55	4.7	10:19	-1.1	10:40	3.1	5:52	8:20	
24	Sun	4:18	5.3	6:52	4.9	11:19	-0.7			5:52	8:21	
25	Mon	5:33	4.9	7:43	5.2	12:08	2.7	12:21	-0.4	5:51	8:21	
26	Tue	6:56	4.5	8:29	5.5	1:28	2.2	1:20	0.0	5:51	8:22	
27	Wed	8:18	4.4	9:10	5.8	2:34	1.5	2:14	0.4	5:50	8:23	
28	Thu	9:33	4.3	9:48	6.1	3:31	0.8	3:04	0.9	5:50	8:24	
29	Fri	10:41	4.4	10:24	6.2	4:20	0.1	3:50	1.4	5:49	8:24	
30	Sat	11:42	4.5	10:58	6.3	5:05	-0.4	4:35	1.8	5:49	8:25	
31	Sun			12:38	4.5	5:47	-0.7	5:18	2.3	5:49	8:26	