

Alcatraz Island, CA - Sep 2076

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:43	5.3	2:34	5.3	7:52	0.8	8:18	1.7	6:40	7:37	
2	Wed	2:26	5.0	3:03	5.4	8:22	1.2	9:01	1.5	6:41	7:36	
3	Thu	3:15	4.6	3:34	5.5	8:55	1.7	9:51	1.3	6:42	7:34	
4	Fri	4:16	4.3	4:12	5.6	9:33	2.3	10:50	1.1	6:43	7:33	
5	Sat	5:37	4.0	4:59	5.6	10:22	2.8	11:59	0.9	6:44	7:31	
6	Sun	7:16	4.0	5:57	5.7	11:30	3.2			6:45	7:30	
7	Mon	8:44	4.2	7:03	5.9	1:11	0.5	12:53	3.3	6:45	7:28	
8	Tue	9:46	4.5	8:11	6.1	2:18	0.1	2:09	3.2	6:46	7:27	
9	Wed	10:32	4.8	9:14	6.4	3:17	-0.3	3:12	2.9	6:47	7:25	
10	Thu	11:13	5.1	10:13	6.6	4:08	-0.6	4:07	2.4	6:48	7:24	
11	Fri	11:50	5.4	11:09	6.7	4:55	-0.7	4:58	1.9	6:49	7:22	
12	Sat			12:27	5.6	5:40	-0.7	5:49	1.4	6:50	7:21	
13	Sun	12:04	6.5	1:03	5.8	6:22	-0.4	6:39	1.0	6:50	7:19	
14	Mon	12:58	6.3	1:40	6.0	7:04	0.1	7:31	0.6	6:51	7:17	
15	Tue	1:54	5.8	2:17	6.1	7:45	0.7	8:23	0.5	6:52	7:16	
16	Wed	2:53	5.4	2:55	6.1	8:28	1.3	9:19	0.4	6:53	7:14	
17	Thu	3:58	4.9	3:37	6.0	9:15	2.0	10:19	0.5	6:54	7:13	
18	Fri	5:12	4.5	4:23	5.8	10:11	2.6	11:26	0.5	6:55	7:11	
19	Sat	6:40	4.4	5:18	5.5	11:22	3.1			6:56	7:10	
20	Sun	8:07	4.5	6:21	5.3	12:37	0.6	12:46	3.3	6:56	7:08	
21	Mon	9:13	4.7	7:29	5.3	1:46	0.6	2:00	3.2	6:57	7:06	
22	Tue	10:02	4.9	8:31	5.3	2:45	0.5	2:59	3.0	6:58	7:05	
23	Wed	10:40	5.0	9:25	5.4	3:34	0.4	3:46	2.7	6:59	7:03	
24	Thu	11:11	5.1	10:12	5.5	4:14	0.4	4:26	2.3	7:00	7:02	
25	Fri	11:38	5.1	10:55	5.5	4:49	0.4	5:02	2.0	7:01	7:00	
26	Sat			12:02	5.2	5:20	0.5	5:36	1.7	7:02	6:59	
27	Sun			12:25	5.3	5:49	0.6	6:08	1.4	7:02	6:57	
28	Mon	12:16	5.3	12:49	5.4	6:16	0.9	6:40	1.1	7:03	6:56	
29	Tue	12:57	5.2	1:13	5.5	6:44	1.2	7:15	0.9	7:04	6:54	
30	Wed	1:40	5.0	1:40	5.6	7:14	1.6	7:52	0.6	7:05	6:53	