

Alcatraz Island, CA - Nov 2076

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:36	4.5	1:54	5.8	7:50	3.3	9:00	-0.4	6:36	5:10	
2	Mon	4:45	4.5	2:52	5.6	8:58	3.5	10:05	-0.3	6:37	5:08	
3	Tue	5:53	4.7	4:05	5.3	10:29	3.4	11:13	-0.2	6:38	5:07	
4	Wed	6:51	4.9	5:27	5.1			12:00	3.0	6:39	5:06	
5	Thu	7:38	5.2	6:48	5.0	12:18	-0.1	1:11	2.4	6:40	5:05	
6	Fri	8:19	5.6	8:02	5.1	1:16	0.1	2:09	1.6	6:41	5:05	
7	Sat	8:56	5.9	9:09	5.1	2:07	0.3	3:00	0.9	6:42	5:04	
8	Sun	9:32	6.2	10:10	5.1	2:53	0.7	3:47	0.2	6:43	5:03	
9	Mon	10:06	6.4	11:09	5.1	3:37	1.1	4:32	-0.3	6:44	5:02	
10	Tue	10:41	6.5			4:19	1.6	5:16	-0.7	6:45	5:01	
11	Wed	12:05	5.1	11:15 AM	6.5	5:02	2.1	5:59	-0.8	6:46	5:00	
12	Thu	1:00	5.0	11:51 AM	6.4	5:46	2.5	6:42	-0.8	6:47	4:59	
13	Fri	1:55	4.9	12:27	6.1	6:32	2.9	7:25	-0.7	6:49	4:59	
14	Sat	2:52	4.8	1:06	5.8	7:22	3.2	8:11	-0.4	6:50	4:58	
15	Sun	3:51	4.7	1:49	5.4	8:21	3.4	9:01	-0.1	6:51	4:57	
16	Mon	4:51	4.7	2:40	5.0	9:34	3.5	9:56	0.2	6:52	4:56	
17	Tue	5:50	4.7	3:41	4.7	10:55	3.4	10:55	0.5	6:53	4:56	
18	Wed	6:40	4.8	4:53	4.3			12:08	3.1	6:54	4:55	
19	Thu	7:20	4.9	6:09	4.2			1:07	2.6	6:55	4:55	
20	Fri	7:52	5.1	7:21	4.1	12:44	0.9	1:56	2.1	6:56	4:54	
21	Sat	8:21	5.3	8:25	4.2	1:28	1.1	2:37	1.5	6:57	4:54	
22	Sun	8:48	5.6	9:22	4.3	2:08	1.4	3:14	1.0	6:58	4:53	
23	Mon	9:15	5.8	10:15	4.4	2:45	1.7	3:49	0.4	6:59	4:53	
24	Tue	9:43	6.1	11:06	4.6	3:21	2.0	4:23	-0.1	7:00	4:52	
25	Wed	10:13	6.3	11:56	4.7	3:57	2.3	4:58	-0.5	7:01	4:52	
26	Thu	10:46	6.4			4:34	2.6	5:36	-0.8	7:02	4:51	
27	Fri	12:46	4.8	11:22 AM	6.5	5:14	2.9	6:17	-1.0	7:03	4:51	
28	Sat	1:37	4.8	12:03	6.4	5:57	3.1	7:02	-1.1	7:04	4:51	
29	Sun	2:29	4.8	12:48	6.3	6:46	3.2	7:51	-1.1	7:05	4:51	
30	Mon	3:24	4.8	1:40	6.0	7:45	3.3	8:44	-0.9	7:06	4:50	