

Alcatraz Island, CA - Jul 2078

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:10	4.8	6:02	5.4	10:47	0.0	11:54	2.2	5:51	8:35	
2	Sat	5:26	4.3	6:42	5.7	11:36	0.6			5:52	8:35	
3	Sun	6:57	4.0	7:25	6.1	1:07	1.5	12:29	1.3	5:52	8:35	
4	Mon	8:33	3.9	8:09	6.4	2:13	0.7	1:25	1.9	5:53	8:35	
5	Tue	9:59	4.1	8:55	6.7	3:11	0.0	2:24	2.4	5:53	8:35	
6	Wed	11:10	4.4	9:42	6.9	4:05	-0.6	3:22	2.8	5:54	8:34	
7	Thu			12:09	4.7	4:55	-1.1	4:19	3.0	5:55	8:34	
8	Fri			1:01	4.9	5:44	-1.4	5:15	3.1	5:55	8:34	
9	Sat			1:49	5.0	6:30	-1.4	6:09	3.1	5:56	8:34	
10	Sun	12:09	6.8	2:33	5.1	7:16	-1.3	7:03	3.0	5:56	8:33	
11	Mon	12:57	6.5	3:15	5.1	7:59	-1.1	7:57	2.9	5:57	8:33	
12	Tue	1:44	6.1	3:56	5.1	8:41	-0.8	8:53	2.8	5:58	8:32	
13	Wed	2:32	5.6	4:34	5.1	9:21	-0.3	9:53	2.7	5:58	8:32	
14	Thu	3:21	5.0	5:12	5.2	10:02	0.2	10:57	2.4	5:59	8:31	
15	Fri	4:18	4.4	5:49	5.2	10:42	0.9			6:00	8:31	
16	Sat	5:27	3.9	6:26	5.4	12:05	2.1	11:26 AM	1.5	6:01	8:30	
17	Sun	6:56	3.6	7:04	5.5	1:11	1.8	12:14	2.1	6:01	8:30	
18	Mon	8:38	3.6	7:43	5.6	2:11	1.3	1:09	2.6	6:02	8:29	
19	Tue	10:04	3.8	8:24	5.8	3:03	0.8	2:06	3.0	6:03	8:28	
20	Wed	11:05	4.1	9:06	6.0	3:48	0.4	3:01	3.3	6:04	8:28	
21	Thu	11:51	4.3	9:49	6.1	4:29	0.1	3:50	3.4	6:04	8:27	
22	Fri			12:30	4.5	5:08	-0.3	4:35	3.4	6:05	8:26	
23	Sat			1:05	4.6	5:45	-0.5	5:16	3.3	6:06	8:26	
24	Sun			1:38	4.8	6:21	-0.8	5:56	3.2	6:07	8:25	
25	Mon			2:11	4.9	6:57	-0.9	6:39	3.0	6:08	8:24	
26	Tue	12:39	6.4	2:43	5.0	7:34	-0.9	7:24	2.8	6:08	8:23	
27	Wed	1:24	6.2	3:17	5.2	8:11	-0.7	8:15	2.5	6:09	8:22	
28	Thu	2:12	5.8	3:51	5.4	8:49	-0.4	9:12	2.2	6:10	8:22	
29	Fri	3:07	5.3	4:28	5.6	9:29	0.1	10:16	1.9	6:11	8:21	
30	Sat	4:11	4.7	5:08	5.9	10:12	0.8	11:28	1.4	6:12	8:20	
31	Sun	5:32	4.2	5:52	6.1	11:01	1.6			6:13	8:19	