

Alcatraz Island, CA - Oct 2078

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:20	5.2	9:19	5.6	3:17	0.0	3:33	2.5	7:05	6:52	
2	Sun	10:57	5.4	10:14	5.6	4:03	0.0	4:21	2.0	7:06	6:50	
3	Mon	11:29	5.5	11:04	5.5	4:42	0.2	5:03	1.6	7:07	6:49	
4	Tue	11:56	5.5	11:50	5.3	5:17	0.5	5:42	1.2	7:08	6:47	
5	Wed			12:21	5.6	5:48	0.8	6:18	0.9	7:09	6:46	
6	Thu	12:34	5.1	12:44	5.6	6:18	1.3	6:52	0.7	7:10	6:44	
7	Fri	1:18	4.9	1:06	5.6	6:46	1.7	7:26	0.5	7:11	6:43	
8	Sat	2:03	4.7	1:29	5.6	7:15	2.2	8:01	0.4	7:12	6:41	
9	Sun	2:51	4.5	1:54	5.6	7:45	2.7	8:39	0.4	7:13	6:40	
10	Mon	3:45	4.3	2:24	5.5	8:18	3.1	9:23	0.5	7:14	6:38	
11	Tue	4:50	4.1	3:03	5.3	8:57	3.4	10:15	0.6	7:15	6:37	
12	Wed	6:12	4.1	3:52	5.1	9:55	3.7	11:18	0.6	7:15	6:35	
13	Thu	7:36	4.2	4:57	5.0	11:32	3.8			7:16	6:34	
14	Fri	8:33	4.4	6:12	4.9	12:27	0.6	1:07	3.6	7:17	6:33	
15	Sat	9:11	4.6	7:26	5.0	1:32	0.4	2:10	3.2	7:18	6:31	
16	Sun	9:42	4.9	8:33	5.2	2:26	0.2	2:58	2.7	7:19	6:30	
17	Mon	10:10	5.1	9:34	5.4	3:12	0.1	3:41	2.0	7:20	6:28	
18	Tue	10:39	5.5	10:32	5.5	3:53	0.2	4:24	1.3	7:21	6:27	
19	Wed	11:08	5.8	11:29	5.5	4:33	0.4	5:07	0.5	7:22	6:26	
20	Thu	11:39	6.2			5:12	0.7	5:52	-0.2	7:23	6:24	
21	Fri	12:26	5.5	12:12	6.5	5:51	1.2	6:38	-0.7	7:24	6:23	
22	Sat	1:25	5.3	12:49	6.7	6:33	1.8	7:27	-1.0	7:25	6:22	
23	Sun	2:26	5.1	1:29	6.7	7:17	2.3	8:19	-1.1	7:26	6:21	
24	Mon	3:32	4.9	2:14	6.6	8:06	2.8	9:16	-0.9	7:27	6:19	
25	Tue	4:43	4.8	3:07	6.3	9:06	3.2	10:19	-0.7	7:28	6:18	
26	Wed	5:59	4.8	4:09	5.8	10:24	3.5	11:29	-0.3	7:29	6:17	
27	Thu	7:11	4.9	5:22	5.4	11:58	3.4			7:30	6:16	
28	Fri	8:12	5.0	6:42	5.1	12:41	-0.1	1:23	3.0	7:31	6:15	
29	Sat	9:00	5.2	7:59	4.9	1:45	0.1	2:30	2.5	7:32	6:13	
30	Sun	9:40	5.4	9:08	4.8	2:39	0.3	3:25	1.9	7:33	6:12	
31	Mon	10:13	5.6	10:07	4.8	3:24	0.6	4:10	1.3	7:34	6:11	