

Alcatraz Island, CA - Dec 2079

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	6:13	4.8	4:49	4.2	11:58	2.9	11:29	0.7	7:06	4:50	
2	Sat	6:47	5.1	6:12	4.0			12:56	2.3	7:07	4:50	
3	Sun	7:19	5.4	7:34	4.0	12:18	1.0	1:45	1.6	7:08	4:50	
4	Mon	7:50	5.8	8:48	4.2	1:06	1.4	2:29	0.7	7:09	4:50	
5	Tue	8:23	6.2	9:56	4.4	1:52	1.8	3:11	-0.1	7:10	4:50	
6	Wed	8:59	6.6	10:57	4.7	2:38	2.3	3:55	-0.8	7:11	4:50	
7	Thu	9:38	6.9	11:54	4.9	3:25	2.6	4:40	-1.3	7:12	4:50	
8	Fri	10:22	7.1			4:13	2.9	5:27	-1.7	7:12	4:50	
9	Sat	12:49	5.0	11:08 AM	7.2	5:03	3.1	6:17	-1.8	7:13	4:50	
10	Sun	1:42	5.0	11:59 AM	7.0	5:56	3.2	7:08	-1.7	7:14	4:50	
11	Mon	2:34	5.0	12:53	6.7	6:55	3.2	8:00	-1.4	7:15	4:50	
12	Tue	3:27	5.1	1:50	6.2	8:02	3.1	8:54	-0.9	7:15	4:51	
13	Wed	4:19	5.1	2:54	5.5	9:20	2.9	9:49	-0.4	7:16	4:51	
14	Thu	5:10	5.3	4:06	4.8	10:43	2.6	10:44	0.2	7:17	4:51	
15	Fri	5:59	5.5	5:30	4.3			12:03	2.0	7:18	4:51	
16	Sat	6:44	5.7	7:01	4.0			1:12	1.4	7:18	4:52	
17	Sun	7:25	5.9	8:27	4.0	12:33	1.5	2:10	0.8	7:19	4:52	
18	Mon	8:02	6.1	9:39	4.2	1:25	2.0	2:59	0.2	7:19	4:52	
19	Tue	8:37	6.2	10:39	4.4	2:14	2.5	3:41	-0.2	7:20	4:53	
20	Wed	9:11	6.2	11:30	4.6	3:01	2.9	4:19	-0.4	7:21	4:53	
21	Thu	9:44	6.2			3:45	3.2	4:54	-0.6	7:21	4:54	
22	Fri	12:15	4.7	10:17 AM	6.2	4:27	3.4	5:28	-0.6	7:21	4:54	
23	Sat	12:55	4.7	10:51 AM	6.1	5:06	3.4	6:02	-0.6	7:22	4:55	
24	Sun	1:31	4.7	11:27 AM	6.0	5:44	3.5	6:36	-0.6	7:22	4:55	
25	Mon	2:06	4.7	12:03	5.9	6:21	3.4	7:10	-0.6	7:23	4:56	
26	Tue	2:40	4.6	12:41	5.6	7:02	3.4	7:45	-0.4	7:23	4:57	
27	Wed	3:13	4.7	1:21	5.3	7:47	3.3	8:21	-0.2	7:23	4:57	
28	Thu	3:48	4.7	2:07	4.9	8:42	3.2	9:00	0.1	7:24	4:58	
29	Fri	4:23	4.9	3:01	4.5	9:47	2.9	9:41	0.5	7:24	4:59	
30	Sat	4:59	5.1	4:13	4.0	10:58	2.5	10:26	1.1	7:24	4:59	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	5:36	5.4	5:48	3.7			12:06	1.9	7:24	5:00	