

Alcatraz Island, CA - Jan 2080

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:07	5.7	7:31	3.7			1:05	1.1	7:25	5:01	
2	Tue	6:49	6.1	9:00	4.0	12:07	2.4	2:00	0.3	7:25	5:02	
3	Wed	7:35	6.5	10:08	4.3	1:08	2.8	2:51	-0.5	7:25	5:03	
4	Thu	8:23	6.8	11:04	4.7	2:08	3.1	3:41	-1.1	7:25	5:03	
5	Fri	9:14	7.1	11:52	4.9	3:05	3.2	4:30	-1.6	7:25	5:04	
6	Sat	10:07	7.2			4:01	3.2	5:18	-1.8	7:25	5:05	
7	Sun	12:38	5.1	11:00 AM	7.2	4:56	3.1	6:06	-1.8	7:25	5:06	
8	Mon	1:21	5.2	11:53 AM	7.0	5:52	2.8	6:52	-1.6	7:25	5:07	
9	Tue	2:03	5.3	12:46	6.6	6:50	2.6	7:37	-1.2	7:25	5:08	
10	Wed	2:45	5.4	1:41	5.9	7:52	2.4	8:22	-0.6	7:24	5:09	
11	Thu	3:27	5.5	2:41	5.2	8:59	2.1	9:06	0.1	7:24	5:10	
12	Fri	4:10	5.6	3:50	4.4	10:12	1.8	9:52	0.9	7:24	5:11	
13	Sat	4:54	5.7	5:15	3.9	11:27	1.5	10:43	1.7	7:24	5:12	
14	Sun	5:38	5.8	6:59	3.7			12:38	1.0	7:23	5:13	
15	Mon	6:24	5.9	8:37	3.8			1:41	0.6	7:23	5:14	
16	Tue	7:09	5.9	9:48	4.2	12:45	2.9	2:35	0.2	7:23	5:15	
17	Wed	7:54	6.0	10:40	4.5	1:49	3.2	3:20	-0.1	7:22	5:16	
18	Thu	8:38	6.0	11:22	4.6	2:45	3.4	4:01	-0.3	7:22	5:17	
19	Fri	9:20	6.1	11:57	4.7	3:33	3.4	4:37	-0.4	7:21	5:18	
20	Sat	10:00	6.1			4:15	3.3	5:11	-0.5	7:21	5:19	
21	Sun	12:28	4.7	10:38 AM	6.1	4:52	3.2	5:43	-0.6	7:20	5:20	
22	Mon	12:56	4.7	11:15 AM	6.0	5:27	3.0	6:13	-0.6	7:20	5:21	
23	Tue	1:22	4.7	11:51 AM	5.9	6:02	2.9	6:42	-0.5	7:19	5:23	
24	Wed	1:48	4.8	12:28	5.6	6:39	2.7	7:11	-0.3	7:19	5:24	
25	Thu	2:14	4.9	1:07	5.3	7:20	2.5	7:41	0.0	7:18	5:25	
26	Fri	2:42	5.1	1:52	4.8	8:07	2.3	8:13	0.5	7:17	5:26	
27	Sat	3:11	5.3	2:47	4.3	9:01	2.0	8:47	1.1	7:17	5:27	
28	Sun	3:44	5.5	4:02	3.8	10:04	1.6	9:28	1.8	7:16	5:28	
29	Mon	4:23	5.7	5:47	3.5	11:15	1.2	10:19	2.5	7:15	5:29	
30	Tue	5:09	5.9	7:44	3.7			12:28	0.6	7:14	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Wed	6:04	6.1	9:09	4.1			1:35	0.0	7:14	5:31	