

Alcatraz Island, CA - Jan 2081

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:32	5.7	4:13	4.4	10:34	1.8	10:13	0.8	7:25	5:02	
2	Thu	5:17	5.9	5:45	3.9	11:52	1.3	11:07	1.6	7:25	5:02	
3	Fri	6:04	6.1	7:26	3.8			1:03	0.7	7:25	5:03	
4	Sat	6:51	6.3	8:56	4.0	12:06	2.3	2:05	0.2	7:25	5:04	
5	Sun	7:38	6.4	10:05	4.3	1:10	2.8	2:58	-0.3	7:25	5:05	
6	Mon	8:24	6.4	10:59	4.6	2:11	3.1	3:44	-0.5	7:25	5:06	
7	Tue	9:08	6.4	11:44	4.8	3:08	3.3	4:25	-0.7	7:25	5:07	
8	Wed	9:50	6.3			3:57	3.3	5:03	-0.7	7:25	5:08	
9	Thu	12:23	4.8	10:30 AM	6.2	4:42	3.3	5:39	-0.7	7:24	5:09	
10	Fri	12:58	4.8	11:08 AM	6.1	5:22	3.2	6:12	-0.7	7:24	5:10	
11	Sat	1:29	4.8	11:45 AM	5.9	6:01	3.1	6:44	-0.5	7:24	5:11	
12	Sun	1:58	4.8	12:22	5.7	6:40	3.0	7:14	-0.3	7:24	5:12	
13	Mon	2:24	4.8	12:59	5.3	7:21	2.8	7:44	0.0	7:24	5:13	
14	Tue	2:51	4.9	1:40	4.9	8:06	2.7	8:14	0.4	7:23	5:14	
15	Wed	3:19	5.0	2:27	4.4	8:59	2.5	8:46	0.9	7:23	5:15	
16	Thu	3:49	5.1	3:28	3.9	9:59	2.2	9:21	1.5	7:22	5:16	
17	Fri	4:23	5.3	4:54	3.5	11:06	1.8	10:02	2.1	7:22	5:17	
18	Sat	5:02	5.5	6:49	3.4			12:14	1.3	7:22	5:18	
19	Sun	5:47	5.7	8:35	3.7			1:15	0.7	7:21	5:19	
20	Mon	6:38	6.0	9:43	4.1	12:06	3.2	2:10	0.1	7:21	5:20	
21	Tue	7:32	6.3	10:32	4.4	1:18	3.4	3:01	-0.5	7:20	5:21	
22	Wed	8:27	6.6	11:13	4.7	2:21	3.4	3:48	-1.0	7:19	5:22	
23	Thu	9:21	6.9	11:51	4.9	3:17	3.3	4:34	-1.4	7:19	5:23	
24	Fri	10:14	7.0			4:10	3.0	5:18	-1.6	7:18	5:24	
25	Sat	12:28	5.1	11:07 AM	7.0	5:02	2.6	6:01	-1.6	7:18	5:26	
26	Sun	1:04	5.3	11:59 AM	6.8	5:56	2.2	6:43	-1.3	7:17	5:27	
27	Mon	1:41	5.5	12:53	6.3	6:51	1.9	7:23	-0.8	7:16	5:28	
28	Tue	2:18	5.7	1:50	5.6	7:50	1.5	8:04	-0.1	7:15	5:29	
29	Wed	2:57	5.9	2:54	4.8	8:54	1.3	8:46	0.8	7:15	5:30	
30	Thu	3:38	6.0	4:10	4.2	10:04	1.0	9:32	1.6	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Fri	4:22	6.1	5:48	3.8	11:19	0.7	10:28	2.4	7:13	5:32	