

Alcatraz Island, CA - Jan 2089

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:22	5.7	2:48	5.3	8:59	2.0	9:07	0.0	7:25	5:02	
2	Sun	4:12	5.8	3:57	4.6	10:13	1.8	10:00	0.7	7:25	5:02	
3	Mon	5:03	5.9	5:18	4.1	11:29	1.5	10:58	1.3	7:25	5:03	
4	Tue	5:55	5.9	6:49	3.9			12:40	1.1	7:25	5:04	
5	Wed	6:46	6.0	8:14	4.0	12:01	1.9	1:43	0.7	7:25	5:05	
6	Thu	7:34	6.1	9:22	4.3	1:03	2.3	2:36	0.3	7:25	5:06	
7	Fri	8:19	6.1	10:16	4.5	2:01	2.5	3:22	0.0	7:25	5:07	
8	Sat	9:00	6.1	11:01	4.6	2:53	2.7	4:01	-0.2	7:25	5:08	
9	Sun	9:39	6.1	11:39	4.7	3:38	2.7	4:36	-0.3	7:24	5:09	
10	Mon	10:15	6.1			4:19	2.8	5:09	-0.4	7:24	5:10	
11	Tue	12:13	4.8	10:51 AM	6.0	4:58	2.7	5:40	-0.4	7:24	5:11	
12	Wed	12:44	4.9	11:27 AM	5.9	5:34	2.7	6:10	-0.3	7:24	5:12	
13	Thu	1:13	4.9	12:02	5.7	6:10	2.6	6:40	-0.2	7:23	5:13	
14	Fri	1:43	5.0	12:39	5.5	6:48	2.5	7:11	-0.1	7:23	5:14	
15	Sat	2:13	5.0	1:18	5.2	7:28	2.4	7:44	0.2	7:23	5:15	
16	Sun	2:46	5.1	2:02	4.8	8:15	2.3	8:20	0.6	7:22	5:16	
17	Mon	3:21	5.3	2:55	4.4	9:09	2.1	9:00	1.0	7:22	5:17	
18	Tue	4:01	5.4	4:05	4.0	10:12	1.9	9:47	1.5	7:22	5:18	
19	Wed	4:45	5.6	5:35	3.7	11:23	1.5	10:44	2.0	7:21	5:19	
20	Thu	5:36	5.8	7:11	3.8			12:32	1.0	7:21	5:20	
21	Fri	6:30	6.0	8:31	4.1			1:34	0.4	7:20	5:21	
22	Sat	7:25	6.3	9:32	4.4	12:59	2.6	2:29	-0.2	7:19	5:22	
23	Sun	8:21	6.6	10:24	4.8	2:03	2.6	3:19	-0.8	7:19	5:23	
24	Mon	9:15	6.9	11:09	5.1	3:01	2.4	4:07	-1.1	7:18	5:25	
25	Tue	10:08	7.0	11:53	5.4	3:57	2.2	4:53	-1.3	7:17	5:26	
26	Wed	11:00	6.9			4:50	2.0	5:38	-1.3	7:17	5:27	
27	Thu	12:34	5.6	11:51 AM	6.7	5:43	1.7	6:22	-1.1	7:16	5:28	
28	Fri	1:16	5.8	12:44	6.3	6:37	1.5	7:05	-0.7	7:15	5:29	
29	Sat	1:58	5.9	1:38	5.7	7:33	1.4	7:49	-0.1	7:15	5:30	
30	Sun	2:40	5.9	2:35	5.1	8:33	1.3	8:34	0.6	7:14	5:31	
31	Mon	3:25	5.9	3:41	4.5	9:37	1.2	9:24	1.2	7:13	5:32	