

Alcatraz Island, CA - Sep 2090

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:17	4.5	6:33	5.9	12:25	0.6	12:18	2.6	6:40	7:38	
2	Sat	8:37	4.6	7:38	5.9	1:37	0.5	1:34	2.7	6:41	7:36	
3	Sun	9:40	4.8	8:38	5.8	2:40	0.4	2:41	2.6	6:42	7:35	
4	Mon	10:29	5.0	9:33	5.9	3:33	0.3	3:36	2.5	6:43	7:33	
5	Tue	11:10	5.1	10:21	5.8	4:18	0.2	4:23	2.3	6:43	7:32	
6	Wed	11:45	5.2	11:04	5.8	4:56	0.3	5:04	2.1	6:44	7:30	
7	Thu			12:15	5.2	5:31	0.3	5:41	1.9	6:45	7:29	
8	Fri			12:42	5.3	6:02	0.5	6:16	1.7	6:46	7:27	
9	Sat	12:23	5.6	1:08	5.3	6:32	0.7	6:49	1.5	6:47	7:26	
10	Sun	1:01	5.4	1:33	5.4	7:02	0.9	7:23	1.4	6:48	7:24	
11	Mon	1:40	5.2	2:00	5.4	7:31	1.2	7:58	1.3	6:48	7:23	
12	Tue	2:21	4.9	2:29	5.5	8:03	1.6	8:37	1.2	6:49	7:21	
13	Wed	3:07	4.6	3:03	5.5	8:37	2.0	9:21	1.2	6:50	7:20	
14	Thu	4:01	4.4	3:41	5.4	9:16	2.3	10:13	1.1	6:51	7:18	
15	Fri	5:07	4.2	4:28	5.4	10:05	2.7	11:15	1.0	6:52	7:16	
16	Sat	6:27	4.1	5:26	5.4	11:10	3.0			6:53	7:15	
17	Sun	7:46	4.2	6:31	5.4	12:24	0.9	12:29	3.0	6:53	7:13	
18	Mon	8:49	4.5	7:38	5.6	1:31	0.6	1:42	2.9	6:54	7:12	
19	Tue	9:38	4.8	8:42	5.8	2:30	0.3	2:43	2.5	6:55	7:10	
20	Wed	10:20	5.1	9:42	6.1	3:22	0.0	3:36	2.0	6:56	7:09	
21	Thu	10:59	5.5	10:39	6.2	4:09	-0.1	4:26	1.4	6:57	7:07	
22	Fri	11:37	5.8	11:34	6.3	4:54	-0.1	5:15	0.9	6:58	7:06	
23	Sat			12:15	6.1	5:38	0.0	6:03	0.4	6:59	7:04	
24	Sun	12:29	6.2	12:54	6.3	6:21	0.4	6:53	0.1	6:59	7:02	
25	Mon	1:25	5.9	1:35	6.4	7:06	0.8	7:44	-0.1	7:00	7:01	
26	Tue	2:22	5.6	2:18	6.4	7:52	1.3	8:38	-0.1	7:01	6:59	
27	Wed	3:23	5.3	3:04	6.2	8:42	1.8	9:36	0.0	7:02	6:58	
28	Thu	4:29	4.9	3:55	6.0	9:39	2.3	10:39	0.2	7:03	6:56	
29	Fri	5:43	4.7	4:53	5.7	10:50	2.7	11:48	0.4	7:04	6:55	
30	Sat	7:02	4.7	5:58	5.4			12:11	2.8	7:05	6:53	