

Alcatraz Island, CA - Oct 2090

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:12	4.8	7:08	5.2	12:58	0.5	1:29	2.7	7:06	6:52	
2	Mon	9:09	5.0	8:15	5.2	2:02	0.5	2:33	2.5	7:06	6:50	
3	Tue	9:53	5.2	9:14	5.2	2:55	0.6	3:25	2.1	7:07	6:49	
4	Wed	10:29	5.3	10:05	5.2	3:40	0.6	4:09	1.8	7:08	6:47	
5	Thu	11:00	5.3	10:51	5.2	4:19	0.7	4:48	1.5	7:09	6:46	
6	Fri	11:27	5.4	11:33	5.2	4:54	0.9	5:23	1.2	7:10	6:44	
7	Sat	11:53	5.5			5:25	1.1	5:55	1.0	7:11	6:43	
8	Sun	12:14	5.1	12:18	5.6	5:56	1.3	6:27	0.8	7:12	6:41	
9	Mon	12:54	5.0	12:44	5.6	6:26	1.6	6:58	0.6	7:13	6:40	
10	Tue	1:35	4.9	1:12	5.7	6:57	1.9	7:32	0.5	7:14	6:38	
11	Wed	2:18	4.8	1:43	5.6	7:30	2.2	8:09	0.4	7:15	6:37	
12	Thu	3:06	4.6	2:17	5.6	8:06	2.5	8:51	0.4	7:16	6:35	
13	Fri	3:59	4.5	2:57	5.5	8:49	2.8	9:40	0.4	7:16	6:34	
14	Sat	5:01	4.4	3:47	5.3	9:43	3.0	10:37	0.4	7:17	6:32	
15	Sun	6:10	4.4	4:47	5.2	10:54	3.1	11:42	0.4	7:18	6:31	
16	Mon	7:16	4.6	5:59	5.1			12:17	3.0	7:19	6:30	
17	Tue	8:12	4.8	7:15	5.1	12:49	0.4	1:32	2.6	7:20	6:28	
18	Wed	8:59	5.2	8:27	5.3	1:51	0.3	2:33	2.0	7:21	6:27	
19	Thu	9:40	5.5	9:33	5.4	2:46	0.3	3:27	1.4	7:22	6:26	
20	Fri	10:20	5.9	10:34	5.6	3:36	0.4	4:16	0.7	7:23	6:24	
21	Sat	10:58	6.2	11:32	5.6	4:22	0.5	5:04	0.1	7:24	6:23	
22	Sun	11:37	6.5			5:08	0.8	5:52	-0.4	7:25	6:22	
23	Mon	12:28	5.6	12:17	6.6	5:53	1.2	6:39	-0.7	7:26	6:21	
24	Tue	1:25	5.5	12:58	6.6	6:39	1.6	7:28	-0.8	7:27	6:19	
25	Wed	2:21	5.4	1:41	6.5	7:28	2.0	8:17	-0.7	7:28	6:18	
26	Thu	3:19	5.2	2:27	6.2	8:20	2.4	9:10	-0.5	7:29	6:17	
27	Fri	4:21	5.0	3:17	5.8	9:21	2.7	10:06	-0.2	7:30	6:16	
28	Sat	5:26	4.9	4:13	5.3	10:33	2.9	11:06	0.2	7:31	6:14	
29	Sun	6:33	4.9	5:18	4.9	11:54	2.9			7:32	6:13	
30	Mon	7:34	5.0	6:30	4.6	12:10	0.5	1:10	2.7	7:33	6:12	
31	Tue	8:25	5.1	7:43	4.5	1:11	0.7	2:14	2.3	7:34	6:11	