

Alcatraz Island, CA - Jan 2091

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:09	5.9	9:59	4.2	1:48	2.4	3:12	0.4	7:25	5:01	
2	Tue	8:47	6.1	10:45	4.5	2:35	2.6	3:48	-0.1	7:25	5:02	
3	Wed	9:26	6.3	11:27	4.7	3:18	2.7	4:24	-0.4	7:25	5:03	
4	Thu	10:06	6.4			4:01	2.7	5:00	-0.8	7:25	5:04	
5	Fri	12:08	4.9	10:47 AM	6.5	4:43	2.7	5:37	-1.0	7:25	5:05	
6	Sat	12:47	5.0	11:30 AM	6.5	5:27	2.7	6:16	-1.1	7:25	5:05	
7	Sun	1:27	5.1	12:15	6.4	6:13	2.6	6:57	-1.0	7:25	5:06	
8	Mon	2:08	5.3	1:03	6.1	7:04	2.4	7:40	-0.8	7:25	5:07	
9	Tue	2:50	5.4	1:56	5.6	8:01	2.3	8:26	-0.4	7:24	5:08	
10	Wed	3:35	5.5	2:57	5.1	9:06	2.1	9:15	0.2	7:24	5:09	
11	Thu	4:22	5.7	4:11	4.5	10:20	1.8	10:09	0.8	7:24	5:10	
12	Fri	5:13	5.9	5:38	4.2	11:38	1.4	11:09	1.4	7:24	5:11	
13	Sat	6:06	6.1	7:11	4.1			12:51	0.8	7:24	5:12	
14	Sun	6:59	6.3	8:34	4.3	12:15	1.9	1:54	0.3	7:23	5:13	
15	Mon	7:51	6.5	9:41	4.6	1:20	2.2	2:49	-0.2	7:23	5:14	
16	Tue	8:41	6.6	10:36	4.8	2:21	2.4	3:38	-0.6	7:23	5:15	
17	Wed	9:28	6.6	11:23	5.0	3:17	2.5	4:23	-0.8	7:22	5:16	
18	Thu	10:13	6.6			4:08	2.5	5:03	-0.8	7:22	5:17	
19	Fri	12:06	5.1	10:56 AM	6.4	4:56	2.5	5:42	-0.8	7:21	5:19	
20	Sat	12:45	5.2	11:37 AM	6.2	5:41	2.5	6:18	-0.6	7:21	5:20	
21	Sun	1:22	5.2	12:17	5.9	6:24	2.4	6:54	-0.4	7:20	5:21	
22	Mon	1:56	5.1	12:57	5.5	7:08	2.4	7:28	-0.1	7:20	5:22	
23	Tue	2:29	5.1	1:37	5.1	7:53	2.3	8:04	0.3	7:19	5:23	
24	Wed	3:02	5.1	2:22	4.6	8:42	2.3	8:40	0.8	7:18	5:24	
25	Thu	3:37	5.1	3:16	4.2	9:39	2.2	9:20	1.3	7:18	5:25	
26	Fri	4:15	5.2	4:25	3.8	10:44	2.0	10:07	1.8	7:17	5:26	
27	Sat	4:58	5.2	5:54	3.6	11:53	1.7	11:03	2.3	7:16	5:27	
28	Sun	5:46	5.3	7:29	3.6			12:56	1.3	7:16	5:28	
29	Mon	6:35	5.5	8:44	3.9	12:08	2.6	1:50	0.9	7:15	5:30	
30	Tue	7:25	5.7	9:38	4.2	1:11	2.8	2:36	0.4	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Wed	8:13	6.0	10:22	4.5	2:07	2.8	3:18	-0.1	7:13	5:32	