

Alcatraz Island, CA - Jan 2093

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:07	5.4	2:04	5.8	8:15	2.6	8:44	-0.6	7:25	5:02	
2	Fri	3:56	5.5	3:05	5.2	9:27	2.4	9:35	0.0	7:25	5:02	
3	Sat	4:45	5.5	4:15	4.5	10:43	2.2	10:29	0.7	7:25	5:03	
4	Sun	5:35	5.6	5:38	4.1	11:59	1.8	11:26	1.3	7:25	5:04	
5	Mon	6:23	5.7	7:08	3.9			1:07	1.3	7:25	5:05	
6	Tue	7:08	5.8	8:30	4.0	12:24	1.8	2:04	0.9	7:25	5:06	
7	Wed	7:49	5.9	9:36	4.2	1:20	2.2	2:53	0.4	7:25	5:07	
8	Thu	8:28	6.0	10:29	4.4	2:13	2.6	3:34	0.1	7:25	5:08	
9	Fri	9:05	6.1	11:14	4.6	3:00	2.8	4:11	-0.1	7:24	5:09	
10	Sat	9:40	6.1	11:53	4.7	3:44	2.9	4:45	-0.3	7:24	5:10	
11	Sun	10:16	6.1			4:24	3.0	5:17	-0.4	7:24	5:11	
12	Mon	12:28	4.8	10:51 AM	6.1	5:01	3.0	5:49	-0.5	7:24	5:12	
13	Tue	1:01	4.8	11:27 AM	6.0	5:37	2.9	6:20	-0.5	7:23	5:13	
14	Wed	1:32	4.8	12:03	5.9	6:13	2.9	6:51	-0.5	7:23	5:14	
15	Thu	2:04	4.9	12:41	5.7	6:52	2.8	7:25	-0.3	7:23	5:15	
16	Fri	2:37	4.9	1:21	5.4	7:36	2.7	8:00	-0.1	7:22	5:16	
17	Sat	3:12	5.0	2:08	5.0	8:26	2.6	8:39	0.3	7:22	5:17	
18	Sun	3:50	5.2	3:05	4.5	9:26	2.3	9:22	0.8	7:22	5:18	
19	Mon	4:31	5.3	4:19	4.1	10:34	2.0	10:12	1.3	7:21	5:19	
20	Tue	5:15	5.6	5:54	3.8	11:47	1.5	11:10	1.9	7:21	5:20	
21	Wed	6:04	5.9	7:31	3.9			12:55	0.8	7:20	5:21	
22	Thu	6:55	6.2	8:53	4.2	12:15	2.3	1:55	0.1	7:19	5:22	
23	Fri	7:48	6.5	9:56	4.6	1:21	2.6	2:50	-0.5	7:19	5:23	
24	Sat	8:41	6.8	10:49	4.9	2:24	2.7	3:41	-1.0	7:18	5:25	
25	Sun	9:34	7.0	11:36	5.1	3:22	2.6	4:29	-1.4	7:17	5:26	
26	Mon	10:25	7.0			4:16	2.5	5:16	-1.5	7:17	5:27	
27	Tue	12:20	5.3	11:17 AM	6.9	5:10	2.3	6:01	-1.4	7:16	5:28	
28	Wed	1:03	5.5	12:07	6.6	6:03	2.2	6:46	-1.1	7:15	5:29	
29	Thu	1:44	5.5	12:58	6.2	6:57	2.0	7:29	-0.7	7:14	5:30	
30	Fri	2:26	5.6	1:51	5.6	7:53	1.9	8:12	-0.1	7:14	5:31	
31	Sat	3:07	5.6	2:47	5.0	8:54	1.8	8:57	0.5	7:13	5:32	