

Alcatraz Island, CA - Jan 2095

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:30	5.7	9:14	3.9	12:52	2.3	2:33	0.7	7:25	5:01	
2	Sun	8:07	6.0	10:12	4.2	1:43	2.6	3:13	0.1	7:25	5:02	
3	Mon	8:46	6.3	11:02	4.5	2:31	2.9	3:51	-0.4	7:25	5:03	
4	Tue	9:26	6.5	11:47	4.7	3:17	3.1	4:31	-0.9	7:25	5:04	
5	Wed	10:08	6.7			4:02	3.1	5:11	-1.2	7:25	5:05	
6	Thu	12:29	4.9	10:52 AM	6.8	4:47	3.1	5:53	-1.4	7:25	5:05	
7	Fri	1:11	5.0	11:39 AM	6.8	5:35	3.0	6:36	-1.5	7:25	5:06	
8	Sat	1:52	5.1	12:27	6.6	6:26	2.9	7:21	-1.3	7:25	5:07	
9	Sun	2:34	5.2	1:20	6.2	7:22	2.7	8:06	-1.0	7:24	5:08	
10	Mon	3:17	5.3	2:17	5.6	8:26	2.5	8:53	-0.4	7:24	5:09	
11	Tue	4:02	5.5	3:24	5.0	9:38	2.2	9:43	0.2	7:24	5:10	
12	Wed	4:48	5.7	4:44	4.4	10:57	1.8	10:37	0.9	7:24	5:11	
13	Thu	5:36	5.9	6:19	4.0			12:15	1.2	7:24	5:12	
14	Fri	6:26	6.2	7:54	4.0			1:24	0.6	7:23	5:13	
15	Sat	7:15	6.3	9:14	4.3	12:38	2.2	2:24	0.0	7:23	5:14	
16	Sun	8:03	6.5	10:17	4.6	1:41	2.6	3:15	-0.4	7:23	5:15	
17	Mon	8:50	6.5	11:08	4.8	2:40	2.9	4:01	-0.7	7:22	5:16	
18	Tue	9:35	6.5	11:53	5.0	3:33	3.0	4:43	-0.8	7:22	5:17	
19	Wed	10:17	6.4			4:22	3.0	5:21	-0.8	7:21	5:19	
20	Thu	12:33	5.0	10:58 AM	6.3	5:07	3.0	5:57	-0.7	7:21	5:20	
21	Fri	1:10	5.0	11:37 AM	6.1	5:49	2.9	6:31	-0.6	7:20	5:21	
22	Sat	1:43	4.9	12:14	5.8	6:30	2.8	7:04	-0.4	7:20	5:22	
23	Sun	2:14	4.9	12:52	5.5	7:12	2.7	7:37	-0.1	7:19	5:23	
24	Mon	2:44	4.9	1:32	5.1	7:56	2.6	8:09	0.3	7:18	5:24	
25	Tue	3:14	4.9	2:16	4.6	8:45	2.5	8:43	0.8	7:18	5:25	
26	Wed	3:46	5.0	3:10	4.1	9:42	2.3	9:19	1.3	7:17	5:26	
27	Thu	4:21	5.1	4:21	3.7	10:48	2.0	10:01	1.9	7:16	5:27	
28	Fri	5:01	5.2	6:00	3.5	11:55	1.6	10:53	2.4	7:16	5:28	
29	Sat	5:45	5.4	7:46	3.6			12:58	1.2	7:15	5:30	
30	Sun	6:33	5.6	9:06	3.9			1:52	0.6	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Mon	7:23	5.9	10:01	4.2	1:06	3.1	2:40	0.0	7:13	5:32	