

Alcatraz Island, CA - Jan 2100

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:42	5.3	2:42	5.0	9:02	2.4	9:10	0.1	7:24	5:01	
2	Sat	4:22	5.5	3:56	4.4	10:17	2.0	9:57	0.8	7:25	5:02	
3	Sun	5:04	5.8	5:28	3.9	11:34	1.4	10:50	1.6	7:25	5:03	
4	Mon	5:49	6.1	7:13	3.8			12:46	0.7	7:25	5:03	
5	Tue	6:37	6.4	8:47	4.0			1:50	0.0	7:25	5:04	
6	Wed	7:28	6.6	9:59	4.4	12:55	2.8	2:47	-0.5	7:25	5:05	
7	Thu	8:19	6.7	10:55	4.7	2:00	3.1	3:38	-0.9	7:25	5:06	
8	Fri	9:10	6.8	11:42	4.9	3:02	3.2	4:25	-1.1	7:25	5:07	
9	Sat	9:59	6.8			3:58	3.2	5:08	-1.2	7:24	5:08	
10	Sun	12:25	5.0	10:45 AM	6.6	4:49	3.1	5:49	-1.1	7:24	5:09	
11	Mon	1:04	5.0	11:30 AM	6.4	5:38	3.0	6:28	-1.0	7:24	5:10	
12	Tue	1:40	5.0	12:13	6.0	6:25	2.8	7:04	-0.7	7:24	5:11	
13	Wed	2:14	5.0	12:55	5.6	7:12	2.7	7:39	-0.3	7:24	5:12	
14	Thu	2:46	5.0	1:38	5.1	8:02	2.6	8:12	0.2	7:23	5:13	
15	Fri	3:17	5.1	2:25	4.5	8:56	2.4	8:46	0.8	7:23	5:14	
16	Sat	3:47	5.1	3:23	4.0	9:57	2.2	9:21	1.4	7:23	5:15	
17	Sun	4:20	5.2	4:41	3.5	11:04	1.9	10:01	2.1	7:22	5:16	
18	Mon	4:56	5.4	6:31	3.3			12:11	1.5	7:22	5:17	
19	Tue	5:38	5.5	8:25	3.5			1:13	1.1	7:21	5:18	
20	Wed	6:24	5.6	9:37	3.9			2:06	0.6	7:21	5:19	
21	Thu	7:14	5.8	10:23	4.2	1:07	3.4	2:52	0.1	7:20	5:20	
22	Fri	8:04	6.0	11:00	4.5	2:08	3.5	3:33	-0.3	7:20	5:22	
23	Sat	8:53	6.3	11:33	4.6	2:58	3.4	4:12	-0.7	7:19	5:23	
24	Sun	9:39	6.5			3:43	3.3	4:50	-1.0	7:19	5:24	
25	Mon	12:05	4.8	10:25 AM	6.6	4:27	3.0	5:27	-1.2	7:18	5:25	
26	Tue	12:36	4.9	11:11 AM	6.6	5:11	2.7	6:04	-1.2	7:17	5:26	
27	Wed	1:08	5.1	11:58 AM	6.4	5:57	2.4	6:40	-1.0	7:17	5:27	
28	Thu	1:40	5.3	12:48	6.0	6:48	2.0	7:18	-0.6	7:16	5:28	
29	Fri	2:14	5.5	1:42	5.5	7:43	1.7	7:56	0.0	7:15	5:29	
30	Sat	2:49	5.8	2:45	4.8	8:43	1.3	8:36	0.8	7:14	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sun	3:29	6.0	4:02	4.1	9:52	1.0	9:20	1.6	7:13	5:32	