

Alcatraz Island, CA - Jul 2100

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:10	3.5	8:03	5.7	2:39	1.1	1:31	2.6	5:51	8:35	
2	Fri	10:28	3.8	8:41	5.8	3:27	0.6	2:25	3.0	5:52	8:35	
3	Sat	11:26	4.0	9:21	6.0	4:10	0.2	3:16	3.2	5:52	8:35	
4	Sun			12:12	4.3	4:49	-0.2	4:04	3.4	5:53	8:35	
5	Mon			12:52	4.4	5:26	-0.4	4:48	3.4	5:53	8:35	
6	Tue			1:27	4.6	6:02	-0.7	5:29	3.4	5:54	8:35	
7	Wed			2:01	4.6	6:37	-0.9	6:10	3.3	5:54	8:34	
8	Thu	12:06	6.3	2:34	4.7	7:13	-1.0	6:53	3.2	5:55	8:34	
9	Fri	12:48	6.3	3:07	4.9	7:49	-1.0	7:40	3.0	5:56	8:34	
10	Sat	1:33	6.0	3:40	5.0	8:26	-0.8	8:33	2.7	5:56	8:33	
11	Sun	2:21	5.7	4:15	5.3	9:03	-0.5	9:32	2.4	5:57	8:33	
12	Mon	3:15	5.1	4:51	5.5	9:43	0.0	10:39	2.0	5:58	8:32	
13	Tue	4:21	4.5	5:30	5.8	10:25	0.7	11:51	1.5	5:58	8:32	
14	Wed	5:44	4.0	6:12	6.1	11:13	1.5			5:59	8:32	
15	Thu	7:24	3.7	7:00	6.4	1:04	0.9	12:08	2.2	6:00	8:31	
16	Fri	9:06	3.9	7:51	6.6	2:12	0.2	1:12	2.8	6:00	8:31	
17	Sat	10:27	4.2	8:46	6.8	3:13	-0.3	2:20	3.1	6:01	8:30	
18	Sun	11:27	4.5	9:40	6.9	4:08	-0.8	3:26	3.3	6:02	8:29	
19	Mon			12:17	4.8	4:59	-1.1	4:26	3.2	6:03	8:29	
20	Tue			1:01	4.9	5:46	-1.2	5:22	3.1	6:03	8:28	
21	Wed			1:41	5.0	6:30	-1.2	6:14	2.9	6:04	8:27	
22	Thu	12:13	6.6	2:18	5.1	7:10	-1.0	7:04	2.7	6:05	8:27	
23	Fri	12:59	6.3	2:53	5.2	7:48	-0.7	7:54	2.6	6:06	8:26	
24	Sat	1:44	5.8	3:26	5.2	8:25	-0.3	8:45	2.4	6:07	8:25	
25	Sun	2:30	5.3	3:58	5.3	8:59	0.2	9:39	2.2	6:07	8:24	
26	Mon	3:19	4.7	4:28	5.3	9:34	0.8	10:37	2.0	6:08	8:24	
27	Tue	4:16	4.2	5:01	5.4	10:09	1.5	11:41	1.8	6:09	8:23	
28	Wed	5:31	3.7	5:36	5.5	10:49	2.2			6:10	8:22	
29	Thu	7:12	3.5	6:18	5.6	12:47	1.5	11:38 AM	2.8	6:11	8:21	
30	Fri	9:06	3.7	7:05	5.7	1:51	1.2	12:43	3.2	6:12	8:20	
31	Sat	10:22	4.0	7:57	5.8	2:48	0.8	1:54	3.5	6:12	8:19	