

Alcatraz Island, CA - Aug 2100

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:10	4.2	8:49	6.0	3:37	0.4	2:56	3.5	6:13	8:18	
2	Mon	11:46	4.4	9:38	6.2	4:21	0.0	3:46	3.5	6:14	8:17	
3	Tue			12:19	4.6	5:00	-0.3	4:30	3.3	6:15	8:16	
4	Wed			12:49	4.7	5:36	-0.6	5:12	3.1	6:16	8:15	
5	Thu			1:18	4.9	6:11	-0.7	5:54	2.8	6:17	8:14	
6	Fri			1:47	5.1	6:45	-0.8	6:38	2.5	6:17	8:13	
7	Sat	12:39	6.3	2:17	5.3	7:20	-0.6	7:25	2.1	6:18	8:12	
8	Sun	1:27	6.0	2:48	5.6	7:55	-0.3	8:16	1.7	6:19	8:11	
9	Mon	2:20	5.6	3:22	5.8	8:31	0.3	9:12	1.4	6:20	8:09	
10	Tue	3:19	5.0	3:58	6.1	9:09	1.0	10:15	1.1	6:21	8:08	
11	Wed	4:30	4.4	4:40	6.2	9:52	1.7	11:26	0.7	6:22	8:07	
12	Thu	6:00	4.0	5:29	6.3	10:42	2.4			6:23	8:06	
13	Fri	7:46	3.9	6:27	6.4	12:41	0.4	11:48 AM	3.0	6:24	8:05	
14	Sat	9:19	4.2	7:31	6.4	1:55	0.1	1:11	3.4	6:24	8:03	
15	Sun	10:24	4.5	8:36	6.5	3:01	-0.2	2:30	3.4	6:25	8:02	
16	Mon	11:13	4.8	9:36	6.6	3:58	-0.5	3:35	3.2	6:26	8:01	
17	Tue	11:54	5.0	10:30	6.5	4:47	-0.6	4:31	2.9	6:27	8:00	
18	Wed			12:30	5.1	5:29	-0.6	5:20	2.6	6:28	7:58	
19	Thu			1:03	5.2	6:07	-0.5	6:05	2.3	6:29	7:57	
20	Fri	12:05	6.2	1:34	5.3	6:42	-0.3	6:48	2.1	6:30	7:56	
21	Sat	12:49	5.9	2:01	5.3	7:14	0.1	7:31	1.8	6:30	7:54	
22	Sun	1:32	5.5	2:27	5.4	7:45	0.5	8:13	1.7	6:31	7:53	
23	Mon	2:16	5.0	2:52	5.5	8:15	1.1	8:56	1.5	6:32	7:52	
24	Tue	3:05	4.6	3:18	5.5	8:46	1.7	9:43	1.4	6:33	7:50	
25	Wed	4:01	4.2	3:49	5.5	9:18	2.3	10:37	1.4	6:34	7:49	
26	Thu	5:15	3.8	4:26	5.5	9:55	2.9	11:41	1.3	6:35	7:47	
27	Fri	7:00	3.7	5:14	5.4	10:47	3.3			6:35	7:46	
28	Sat	8:53	3.9	6:14	5.4	12:53	1.1	12:11	3.6	6:36	7:44	
29	Sun	9:55	4.2	7:18	5.5	2:01	0.9	1:38	3.7	6:37	7:43	
30	Mon	10:33	4.4	8:20	5.7	2:57	0.5	2:41	3.5	6:38	7:42	
31	Tue	11:03	4.6	9:15	6.0	3:44	0.2	3:30	3.2	6:39	7:40	