US HARBORS www.USHarbors.com

Alcatraz Island, CA - Mar 1706

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:03	5.1	12:34	5.1	6:36	1.6	6:45	0.5	6:48	6:10	
2	Tue	1:25	5.1	1:14	4.7	7:12	1.4	7:11	1.0	6:47	6:11	
3	Wed	1:47	5.2	1:58	4.4	7:51	1.3	7:38	1.5	6:45	6:12	
4	Thu	2:13	5.2	2:51	4.0	8:34	1.1	8:07	2.1	6:44	6:13	
5	Fri	2:42	5.3	4:01	3.6	9:24	1.0	8:40	2.6	6:42	6:14	
6	Sat	3:19	5.2	5:42	3.5	10:25	0.9	9:27	3.1	6:41	6:15	
7	Sun	4:08	5.2	7:41	3.7	11:37	0.7	10:50	3.4	6:39	6:16	
8	Mon	5:10	5.2	8:49	4.0			12:48	0.4	6:38	6:17	
9	Tue	6:20	5.4	9:29	4.3	12:29	3.5	1:49	0.0	6:37	6:18	
10	Wed	7:27	5.6	10:02	4.5	1:41	3.3	2:41	-0.5	6:35	6:19	
11	Thu	8:28	5.9	10:33	4.8	2:36	2.9	3:27	-0.8	6:34	6:20	
12	Fri	9:24	6.2	11:04	5.0	3:24	2.4	4:09	-1.0	6:32	6:21	
13	Sat	10:18	6.3	11:35	5.3	4:11	1.8	4:49	-0.9	6:31	6:21	
14	Sun	11:11	6.2			4:58	1.2	5:28	-0.6	6:29	6:22	
15	Mon	12:07	5.7	12:06	5.9	5:47	0.6	6:07	-0.1	6:27	6:23	
16	Tue	12:40	5.9	1:02	5.5	6:37	0.1	6:46	0.5	6:26	6:24	
17	Wed	1:16	6.1	2:04	5.0	7:30	-0.2	7:27	1.3	6:24	6:25	
18	Thu	1:54	6.2	3:13	4.5	8:27	-0.3	8:13	2.0	6:23	6:26	
19	Fri	2:36	6.1	4:36	4.2	9:31	-0.2	9:09	2.7	6:21	6:27	
20	Sat	3:27	5.9	6:12	4.1	10:42	-0.1	10:27	3.1	6:20	6:28	
21	Sun	4:28	5.6	7:38	4.3			12:00	-0.1	6:18	6:29	
22	Mon	5:40	5.3	8:40	4.6	12:01	3.2	1:13	-0.1	6:17	6:30	
23	Tue	6:55	5.2	9:26	4.8	1:23	3.0	2:13	-0.1	6:15	6:31	
24	Wed	8:01	5.2	10:03	4.9	2:24	2.7	3:02	-0.1	6:14	6:32	
25	Thu	8:57	5.2	10:35	5.0	3:14	2.3	3:42	-0.1	6:12	6:33	
26	Fri	9:45	5.2	11:02	5.0	3:55	1.9	4:16	0.0	6:11	6:33	
27	Sat	10:29	5.1	11:25	5.1	4:33	1.5	4:46	0.3	6:09	6:34	
28	Sun	11:10	5.0	11:46	5.2	5:07	1.2	5:13	0.6	6:08	6:35	
29	Mon	11:50	4.8			5:40	0.9	5:39	0.9	6:06	6:36	
30	Tue	12:06	5.2	12:31	4.6	6:12	0.6	6:05	1.4	6:05	6:37	
31	Wed	12:28	5.3	1:14	4.4	6:45	0.4	6:31	1.8	6:03	6:38	