US HARBORS www.USHarbors.com

Alcatraz Island, CA - Mar 1730

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:59	5.5	10:50	4.7	3:15	2.6	3:55	-0.1	6:48	6:10	
2	Thu	9:43	5.6	11:14	4.9	3:53	2.3	4:25	-0.1	6:46	6:11	
3	Fri	10:26	5.6	11:38	5.1	4:29	1.9	4:54	-0.1	6:45	6:12	
4	Sat	11:09	5.5			5:05	1.5	5:22	0.1	6:44	6:13	
5	Sun	12:02	5.3	11:54 AM	5.4	5:42	1.1	5:52	0.4	6:42	6:14	
6	Mon	12:29	5.6	12:41	5.1	6:22	0.7	6:23	0.9	6:41	6:15	
7	Tue	12:57	5.8	1:32	4.8	7:05	0.4	6:57	1.4	6:39	6:16	
8	Wed	1:29	5.9	2:32	4.4	7:53	0.2	7:35	1.9	6:38	6:17	
9	Thu	2:06	6.0	3:44	4.0	8:49	0.0	8:19	2.5	6:36	6:18	
10	Fri	2:51	6.0	5:14	3.8	9:55	0.0	9:17	3.0	6:35	6:19	
11	Sat	3:49	5.9	6:51	3.9	11:10	-0.1	10:42	3.2	6:33	6:20	
12	Sun	5:00	5.8	8:04	4.2			12:28	-0.2	6:32	6:21	
13	Mon	6:18	5.7	8:55	4.6	12:20	3.1	1:35	-0.4	6:30	6:22	
14	Tue	7:31	5.8	9:36	4.9	1:38	2.7	2:31	-0.5	6:29	6:23	
15	Wed	8:37	5.8	10:12	5.2	2:40	2.2	3:18	-0.5	6:27	6:23	
16	Thu	9:35	5.8	10:45	5.4	3:33	1.6	4:00	-0.4	6:26	6:24	
17	Fri	10:29	5.7	11:17	5.6	4:21	1.1	4:38	-0.1	6:24	6:25	
18	Sat	11:20	5.5	11:47	5.8	5:06	0.7	5:14	0.3	6:23	6:26	
19	Sun			12:10	5.2	5:49	0.3	5:49	0.8	6:21	6:27	
20	Mon	12:16	5.8	1:00	4.9	6:31	0.1	6:24	1.4	6:20	6:28	
21	Tue	12:45	5.8	1:52	4.5	7:12	0.1	7:00	1.9	6:18	6:29	
22	Wed	1:15	5.7	2:47	4.2	7:55	0.1	7:38	2.4	6:17	6:30	
23	Thu	1:47	5.5	3:52	4.0	8:42	0.2	8:21	2.8	6:15	6:31	
24	Fri	2:25	5.3	5:13	3.8	9:36	0.4	9:18	3.2	6:13	6:32	
25	Sat	3:12	5.1	6:42	3.8	10:41	0.6	10:42	3.3	6:12	6:33	
26	Sun	4:12	4.9	7:49	4.0	11:52	0.6			6:10	6:34	
27	Mon	5:23	4.7	8:31	4.2	12:10	3.2	12:56	0.5	6:09	6:34	
28	Tue	6:34	4.7	9:02	4.4	1:17	2.9	1:48	0.4	6:07	6:35	
29	Wed	7:37	4.8	9:28	4.6	2:08	2.5	2:29	0.3	6:06	6:36	
30	Thu	8:33	4.9	9:52	4.8	2:51	2.1	3:05	0.3	6:04	6:37	
31	Fri	9:25	5.0	10:17	5.1	3:29	1.5	3:38	0.4	6:03	6:38	