US HARBORS www.USHarbors.com

Alcatraz Island, CA - Mar 1745

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**10:13**	5.6	**11:49**	4.9	**4:25**	2.4	**4:57**	-0.2	6:47	6:10	
2	Tue	**10:52**	5.5			**5:00**	2.1	**5:24**	-0.1	6:46	6:11	
3	Wed	**12:10**	4.9	**11:30 AM**	5.3	**5:33**	1.8	**5:50**	0.2	6:44	6:12	
4	Thu	**12:30**	5.0	**12:07**	5.1	**6:06**	1.5	**6:15**	0.5	6:43	6:13	
5	Fri	**12:51**	5.2	**12:47**	4.8	**6:39**	1.3	**6:40**	0.9	6:42	6:14	
6	Sat	**1:13**	5.3	**1:30**	4.5	**7:15**	1.1	**7:06**	1.4	6:40	6:15	
7	Sun	**1:37**	5.4	**2:20**	4.1	**7:55**	0.9	**7:35**	1.9	6:39	6:16	
8	Mon	**2:05**	5.5	**3:23**	3.8	**8:41**	0.7	**8:07**	2.5	6:37	6:17	
9	Tue	**2:39**	5.5	**4:52**	3.6	**9:37**	0.6	**8:47**	3.0	6:36	6:18	
10	Wed	**3:24**	5.5	**6:48**	3.6	**10:46**	0.5	**9:54**	3.4	6:34	6:19	
11	Thu	**4:24**	5.4	**8:14**	3.9			**12:03**	0.2	6:33	6:20	
12	Fri	**5:37**	5.5	**9:02**	4.2			**1:15**	-0.2	6:31	6:21	
13	Sat	**6:53**	5.7	**9:38**	4.5	**1:04**	3.3	**2:14**	-0.6	6:30	6:22	
14	Sun	**8:01**	5.9	**10:11**	4.8	**2:10**	2.9	**3:04**	-0.8	6:28	6:23	
15	Mon	**9:03**	6.1	**10:43**	5.1	**3:04**	2.3	**3:49**	-0.9	6:27	6:24	
16	Tue	**10:01**	6.2	**11:15**	5.5	**3:55**	1.6	**4:30**	-0.8	6:25	6:25	
17	Wed	**10:57**	6.1	**11:48**	5.8	**4:45**	0.9	**5:09**	-0.5	6:24	6:26	
18	Thu	**11:53**	5.8			**5:34**	0.3	**5:48**	0.1	6:22	6:27	
19	Fri	**12:21**	6.1	**12:49**	5.4	**6:24**	-0.1	**6:27**	0.7	6:21	6:28	
20	Sat	**12:55**	6.2	**1:49**	4.9	**7:15**	-0.4	**7:07**	1.5	6:19	6:28	
21	Sun	**1:32**	6.2	**2:55**	4.5	**8:08**	-0.4	**7:51**	2.2	6:17	6:29	
22	Mon	**2:11**	6.0	**4:12**	4.2	**9:06**	-0.3	**8:43**	2.8	6:16	6:30	
23	Tue	**2:57**	5.8	**5:45**	4.1	**10:11**	-0.1	**9:55**	3.2	6:14	6:31	
24	Wed	**3:52**	5.4	**7:16**	4.2	**11:24**	0.1	**11:31**	3.4	6:13	6:32	
25	Thu	**5:01**	5.1	**8:21**	4.4			**12:38**	0.2	6:11	6:33	
26	Fri	**6:17**	4.9	**9:06**	4.6	**12:57**	3.2	**1:41**	0.1	6:10	6:34	
27	Sat	**7:26**	4.9	**9:41**	4.7	**2:00**	2.8	**2:32**	0.1	6:08	6:35	
28	Sun	**8:25**	5.0	**10:09**	4.8	**2:49**	2.4	**3:12**	0.1	6:07	6:36	
29	Mon	**9:15**	5.0	**10:33**	4.9	**3:30**	2.0	**3:46**	0.2	6:05	6:37	
30	Tue	**9:59**	5.0	**10:54**	5.0	**4:07**	1.6	**4:16**	0.4	6:04	6:38	
31	Wed	**10:42**	4.9	**11:14**	5.1	**4:40**	1.2	**4:43**	0.6	6:02	6:38	