US HARBORS www.USHarbors.com

Alcatraz Island, CA - Mar 1762

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**2:41**	5.5	**3:52**	3.8	**9:15**	0.9	**8:43**	2.3	6:47	6:10	
2	Tue	**3:20**	5.6	**5:33**	3.6	**10:20**	0.6	**9:35**	2.9	6:46	6:11	
3	Wed	**4:11**	5.6	**7:25**	3.8	**11:35**	0.3	**10:54**	3.3	6:45	6:12	
4	Thu	**5:16**	5.7	**8:41**	4.1			**12:51**	0.0	6:43	6:13	
5	Fri	**6:29**	5.9	**9:30**	4.5	**12:27**	3.4	**1:57**	-0.5	6:42	6:14	
6	Sat	**7:40**	6.1	**10:10**	4.8	**1:45**	3.2	**2:53**	-0.8	6:40	6:15	
7	Sun	**8:44**	6.3	**10:46**	5.0	**2:46**	2.7	**3:42**	-1.1	6:39	6:16	
8	Mon	**9:43**	6.4	**11:20**	5.3	**3:40**	2.1	**4:27**	-1.1	6:37	6:17	
9	Tue	**10:38**	6.4	**11:54**	5.5	**4:31**	1.6	**5:08**	-0.9	6:36	6:18	
10	Wed	**11:31**	6.1			**5:21**	1.1	**5:47**	-0.5	6:34	6:19	
11	Thu	**12:28**	5.7	**12:25**	5.7	**6:10**	0.6	**6:25**	0.1	6:33	6:20	
12	Fri	**1:01**	5.9	**1:19**	5.2	**7:00**	0.3	**7:03**	0.7	6:31	6:21	
13	Sat	**1:35**	5.9	**2:18**	4.7	**7:51**	0.2	**7:43**	1.5	6:30	6:22	
14	Sun	**2:10**	5.9	**3:25**	4.3	**8:45**	0.2	**8:26**	2.2	6:28	6:23	
15	Mon	**2:48**	5.7	**4:48**	4.0	**9:44**	0.3	**9:19**	2.8	6:27	6:24	
16	Tue	**3:32**	5.4	**6:30**	3.9	**10:51**	0.4	**10:36**	3.3	6:25	6:25	
17	Wed	**4:27**	5.2	**7:58**	4.1			**12:03**	0.4	6:24	6:26	
18	Thu	**5:35**	5.0	**8:55**	4.4	**12:10**	3.4	**1:12**	0.3	6:22	6:26	
19	Fri	**6:45**	4.9	**9:34**	4.5	**1:26**	3.2	**2:09**	0.2	6:21	6:27	
20	Sat	**7:48**	5.0	**10:05**	4.6	**2:22**	2.9	**2:55**	0.1	6:19	6:28	
21	Sun	**8:41**	5.1	**10:31**	4.7	**3:06**	2.6	**3:33**	0.0	6:18	6:29	
22	Mon	**9:28**	5.2	**10:54**	4.8	**3:44**	2.2	**4:06**	0.0	6:16	6:30	
23	Tue	**10:10**	5.2	**11:16**	4.9	**4:18**	1.8	**4:35**	0.1	6:15	6:31	
24	Wed	**10:51**	5.2	**11:37**	5.1	**4:51**	1.5	**5:02**	0.3	6:13	6:32	
25	Thu	**11:33**	5.0			**5:23**	1.1	**5:29**	0.6	6:12	6:33	
26	Fri	**12:00**	5.3	**12:16**	4.9	**5:56**	0.7	**5:57**	1.0	6:10	6:34	
27	Sat	**12:24**	5.5	**1:03**	4.6	**6:32**	0.4	**6:27**	1.4	6:08	6:35	
28	Sun	**12:50**	5.6	**1:55**	4.4	**7:12**	0.1	**6:59**	1.9	6:07	6:36	
29	Mon	**1:19**	5.7	**2:56**	4.1	**7:57**	0.0	**7:36**	2.5	6:05	6:37	
30	Tue	**1:55**	5.7	**4:13**	3.9	**8:50**	-0.1	**8:22**	2.9	6:04	6:37	
31	Wed	**2:40**	5.6	**5:46**	3.9	**9:54**	-0.2	**9:27**	3.3	6:02	6:38	