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# Alcatraz Island, CA - Mar 1779

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 10:20 | 6.5 | 11:55 | 5.4 | 4:17 | 2.1 | 5:02 | -1.0 | 6:48 | 6:10 | |
| 2 | Tue | 11:12 | 6.3 | | | 5:07 | 1.6 | 5:42 | -0.8 | 6:46 | 6:11 | |
| 3 | Wed | 12:30 | 5.5 | 12:02 | 6.0 | 5:55 | 1.3 | 6:20 | -0.4 | 6:45 | 6:12 | |
| 4 | Thu | 1:04 | 5.6 | 12:52 | 5.6 | 6:43 | 1.0 | 6:57 | 0.2 | 6:43 | 6:13 | |
| 5 | Fri | 1:37 | 5.6 | 1:44 | 5.0 | 7:31 | 0.8 | 7:35 | 0.8 | 6:42 | 6:14 | |
| 6 | Sat | 2:10 | 5.6 | 2:40 | 4.5 | 8:22 | 0.8 | 8:13 | 1.5 | 6:40 | 6:15 | |
| 7 | Sun | 2:44 | 5.5 | 3:47 | 4.1 | 9:16 | 0.8 | 8:56 | 2.2 | 6:39 | 6:16 | |
| 8 | Mon | 3:21 | 5.4 | 5:14 | 3.8 | 10:16 | 0.8 | 9:51 | 2.8 | 6:37 | 6:17 | |
| 9 | Tue | 4:05 | 5.2 | 7:00 | 3.8 | 11:24 | 0.8 | 11:09 | 3.2 | 6:36 | 6:18 | |
| 10 | Wed | 5:00 | 5.0 | 8:23 | 4.0 | | | 12:34 | 0.7 | 6:34 | 6:19 | |
| 11 | Thu | 6:05 | 5.0 | 9:14 | 4.3 | 12:36 | 3.3 | 1:37 | 0.5 | 6:33 | 6:20 | |
| 12 | Fri | 7:09 | 5.1 | 9:51 | 4.5 | 1:44 | 3.2 | 2:28 | 0.3 | 6:32 | 6:21 | |
| 13 | Sat | 8:06 | 5.2 | 10:20 | 4.6 | 2:35 | 2.9 | 3:11 | 0.1 | 6:30 | 6:22 | |
| 14 | Sun | 8:56 | 5.4 | 10:46 | 4.7 | 3:17 | 2.6 | 3:48 | -0.1 | 6:28 | 6:23 | |
| 15 | Mon | 9:41 | 5.5 | 11:11 | 4.8 | 3:54 | 2.3 | 4:21 | -0.2 | 6:27 | 6:24 | |
| 16 | Tue | 10:23 | 5.5 | 11:35 | 5.0 | 4:28 | 1.9 | 4:51 | -0.2 | 6:25 | 6:25 | |
| 17 | Wed | 11:05 | 5.5 | | | 5:01 | 1.6 | 5:21 | 0.0 | 6:24 | 6:25 | |
| 18 | Thu | 12:01 | 5.2 | 11:48 AM | 5.4 | 5:36 | 1.2 | 5:51 | 0.2 | 6:22 | 6:26 | |
| 19 | Fri | 12:27 | 5.4 | 12:34 | 5.1 | 6:14 | 0.8 | 6:23 | 0.6 | 6:21 | 6:27 | |
| 20 | Sat | 12:55 | 5.6 | 1:24 | 4.9 | 6:56 | 0.5 | 6:57 | 1.2 | 6:19 | 6:28 | |
| 21 | Sun | 1:25 | 5.7 | 2:21 | 4.5 | 7:42 | 0.2 | 7:35 | 1.7 | 6:18 | 6:29 | |
| 22 | Mon | 2:00 | 5.8 | 3:31 | 4.2 | 8:35 | 0.0 | 8:19 | 2.3 | 6:16 | 6:30 | |
| 23 | Tue | 2:42 | 5.8 | 4:57 | 4.0 | 9:37 | 0.0 | 9:15 | 2.8 | 6:15 | 6:31 | |
| 24 | Wed | 3:35 | 5.7 | 6:32 | 4.0 | 10:49 | -0.1 | 10:35 | 3.2 | 6:13 | 6:32 | |
| 25 | Thu | 4:42 | 5.6 | 7:50 | 4.3 | | | 12:07 | -0.2 | 6:12 | 6:33 | |
| 26 | Fri | 5:59 | 5.5 | 8:46 | 4.6 | 12:10 | 3.2 | 1:18 | -0.4 | 6:10 | 6:34 | |
| 27 | Sat | 7:15 | 5.6 | 9:29 | 4.9 | 1:30 | 2.8 | 2:18 | -0.6 | 6:09 | 6:35 | |
| 28 | Sun | 8:23 | 5.7 | 10:07 | 5.2 | 2:32 | 2.3 | 3:08 | -0.6 | 6:07 | 6:36 | |
| 29 | Mon | 9:23 | 5.7 | 10:42 | 5.4 | 3:25 | 1.7 | 3:53 | -0.5 | 6:06 | 6:36 | |
| 30 | Tue | 10:18 | 5.7 | 11:15 | 5.6 | 4:13 | 1.2 | 4:33 | -0.3 | 6:04 | 6:37 | |
| 31 | Wed | 11:10 | 5.5 | 11:46 | 5.7 | 4:58 | 0.7 | 5:10 | 0.1 | 6:03 | 6:38 | |