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# Alcatraz Island, CA - Mar 1780

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 8:05 | 5.5 | 10:30 | 4.7 | 2:27 | 3.1 | 3:18 | -0.1 | 6:46 | 6:11 | |
| 2 | Thu | 8:55 | 5.5 | 11:01 | 4.8 | 3:16 | 2.9 | 3:58 | -0.2 | 6:45 | 6:12 | |
| 3 | Fri | 9:40 | 5.6 | 11:28 | 4.8 | 3:56 | 2.6 | 4:31 | -0.2 | 6:44 | 6:13 | |
| 4 | Sat | 10:20 | 5.6 | 11:51 | 4.8 | 4:32 | 2.3 | 5:01 | -0.2 | 6:42 | 6:14 | |
| 5 | Sun | 10:58 | 5.5 | | | 5:05 | 2.0 | 5:29 | 0.0 | 6:41 | 6:15 | |
| 6 | Mon | 12:13 | 4.9 | 11:36 AM | 5.4 | 5:37 | 1.8 | 5:55 | 0.2 | 6:39 | 6:16 | |
| 7 | Tue | 12:35 | 5.0 | 12:14 | 5.1 | 6:10 | 1.5 | 6:21 | 0.5 | 6:38 | 6:17 | |
| 8 | Wed | 12:58 | 5.2 | 12:55 | 4.9 | 6:44 | 1.2 | 6:48 | 0.9 | 6:36 | 6:18 | |
| 9 | Thu | 1:22 | 5.3 | 1:40 | 4.5 | 7:22 | 1.0 | 7:17 | 1.4 | 6:35 | 6:19 | |
| 10 | Fri | 1:49 | 5.4 | 2:34 | 4.2 | 8:05 | 0.8 | 7:50 | 1.9 | 6:33 | 6:20 | |
| 11 | Sat | 2:20 | 5.5 | 3:44 | 3.9 | 8:56 | 0.6 | 8:28 | 2.5 | 6:32 | 6:21 | |
| 12 | Sun | 2:58 | 5.5 | 5:18 | 3.7 | 9:57 | 0.5 | 9:19 | 3.0 | 6:30 | 6:21 | |
| 13 | Mon | 3:48 | 5.5 | 7:04 | 3.8 | 11:09 | 0.3 | 10:38 | 3.3 | 6:29 | 6:22 | |
| 14 | Tue | 4:53 | 5.5 | 8:20 | 4.1 | | | 12:26 | 0.0 | 6:27 | 6:23 | |
| 15 | Wed | 6:09 | 5.6 | 9:09 | 4.4 | 12:14 | 3.4 | 1:34 | -0.4 | 6:26 | 6:24 | |
| 16 | Thu | 7:22 | 5.8 | 9:48 | 4.7 | 1:32 | 3.1 | 2:32 | -0.7 | 6:24 | 6:25 | |
| 17 | Fri | 8:28 | 6.0 | 10:24 | 5.0 | 2:33 | 2.6 | 3:22 | -0.9 | 6:23 | 6:26 | |
| 18 | Sat | 9:29 | 6.2 | 10:58 | 5.3 | 3:27 | 2.0 | 4:06 | -0.9 | 6:21 | 6:27 | |
| 19 | Sun | 10:25 | 6.2 | 11:32 | 5.6 | 4:17 | 1.3 | 4:48 | -0.7 | 6:20 | 6:28 | |
| 20 | Mon | 11:20 | 6.0 | | | 5:06 | 0.7 | 5:28 | -0.3 | 6:18 | 6:29 | |
| 21 | Tue | 12:05 | 5.8 | 12:15 | 5.6 | 5:55 | 0.3 | 6:07 | 0.2 | 6:17 | 6:30 | |
| 22 | Wed | 12:39 | 6.0 | 1:11 | 5.2 | 6:44 | 0.0 | 6:46 | 0.9 | 6:15 | 6:31 | |
| 23 | Thu | 1:13 | 6.0 | 2:10 | 4.8 | 7:34 | -0.2 | 7:27 | 1.6 | 6:14 | 6:32 | |
| 24 | Fri | 1:49 | 5.9 | 3:16 | 4.4 | 8:27 | -0.2 | 8:12 | 2.3 | 6:12 | 6:33 | |
| 25 | Sat | 2:28 | 5.7 | 4:35 | 4.1 | 9:24 | 0.0 | 9:07 | 2.9 | 6:11 | 6:33 | |
| 26 | Sun | 3:13 | 5.4 | 6:09 | 4.0 | 10:29 | 0.1 | 10:26 | 3.2 | 6:09 | 6:34 | |
| 27 | Mon | 4:09 | 5.1 | 7:34 | 4.2 | 11:40 | 0.3 | 11:59 | 3.3 | 6:07 | 6:35 | |
| 28 | Tue | 5:17 | 4.9 | 8:32 | 4.4 | | | 12:50 | 0.3 | 6:06 | 6:36 | |
| 29 | Wed | 6:31 | 4.8 | 9:14 | 4.6 | 1:16 | 3.1 | 1:49 | 0.2 | 6:04 | 6:37 | |
| 30 | Thu | 7:36 | 4.8 | 9:46 | 4.7 | 2:13 | 2.8 | 2:37 | 0.2 | 6:03 | 6:38 | |
| 31 | Fri | 8:32 | 4.9 | 10:12 | 4.7 | 2:58 | 2.4 | 3:16 | 0.1 | 6:01 | 6:39 | |