US HARBORS www.USHarbors.com

Alcatraz Island, CA - Mar 1787

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	**9:15**	6.1	**10:49**	5.3	**3:15**	2.1	**3:58**	-0.6	6:47	6:10	
2	Fri	**10:08**	6.0	**11:23**	5.4	**4:05**	1.7	**4:37**	-0.4	6:46	6:11	
3	Sat	**10:58**	5.8	**11:55**	5.6	**4:51**	1.3	**5:13**	-0.1	6:45	6:12	
4	Sun	**11:45**	5.5			**5:35**	1.0	**5:47**	0.3	6:43	6:13	
5	Mon	**12:24**	5.7	**12:31**	5.2	**6:17**	0.8	**6:20**	0.7	6:42	6:14	
6	Tue	**12:53**	5.7	**1:18**	4.8	**6:58**	0.6	**6:53**	1.3	6:40	6:15	
7	Wed	**1:21**	5.6	**2:07**	4.4	**7:40**	0.6	**7:27**	1.8	6:39	6:16	
8	Thu	**1:51**	5.6	**3:02**	4.1	**8:24**	0.6	**8:02**	2.3	6:37	6:17	
9	Fri	**2:24**	5.4	**4:10**	3.8	**9:15**	0.7	**8:44**	2.8	6:36	6:18	
10	Sat	**3:04**	5.3	**5:39**	3.6	**10:15**	0.8	**9:43**	3.1	6:34	6:19	
11	Sun	**3:55**	5.1	**7:17**	3.7	**11:24**	0.8	**11:11**	3.3	6:33	6:20	
12	Mon	**4:58**	5.0	**8:20**	3.9			**12:34**	0.7	6:31	6:21	
13	Tue	**6:07**	5.0	**8:58**	4.1	**12:37**	3.2	**1:32**	0.5	6:30	6:22	
14	Wed	**7:12**	5.1	**9:28**	4.4	**1:39**	2.9	**2:19**	0.2	6:28	6:23	
15	Thu	**8:10**	5.2	**9:54**	4.6	**2:28**	2.6	**2:59**	0.1	6:27	6:24	
16	Fri	**9:02**	5.4	**10:20**	4.9	**3:09**	2.1	**3:34**	0.0	6:25	6:25	
17	Sat	**9:51**	5.4	**10:47**	5.2	**3:48**	1.6	**4:08**	0.1	6:24	6:25	
18	Sun	**10:39**	5.5	**11:15**	5.5	**4:26**	1.1	**4:41**	0.2	6:22	6:26	
19	Mon	**11:29**	5.4	**11:45**	5.8	**5:06**	0.6	**5:16**	0.5	6:21	6:27	
20	Tue			**12:20**	5.2	**5:49**	0.1	**5:52**	1.0	6:19	6:28	
21	Wed	**12:17**	6.1	**1:14**	5.0	**6:34**	-0.3	**6:30**	1.4	6:18	6:29	
22	Thu	**12:53**	6.2	**2:14**	4.7	**7:23**	-0.5	**7:12**	1.9	6:16	6:30	
23	Fri	**1:34**	6.2	**3:21**	4.4	**8:17**	-0.5	**8:01**	2.4	6:15	6:31	
24	Sat	**2:22**	6.1	**4:39**	4.2	**9:20**	-0.4	**9:03**	2.8	6:13	6:32	
25	Sun	**3:19**	5.9	**6:02**	4.2	**10:31**	-0.3	**10:26**	3.0	6:12	6:33	
26	Mon	**4:28**	5.6	**7:16**	4.4	**11:47**	-0.2	**11:59**	2.8	6:10	6:34	
27	Tue	**5:46**	5.4	**8:12**	4.7			**12:57**	-0.2	6:09	6:35	
28	Wed	**7:03**	5.3	**8:57**	5.0	**1:17**	2.4	**1:56**	-0.2	6:07	6:36	
29	Thu	**8:11**	5.3	**9:35**	5.2	**2:20**	1.9	**2:44**	-0.1	6:05	6:36	
30	Fri	**9:12**	5.2	**10:09**	5.4	**3:12**	1.4	**3:27**	0.1	6:04	6:37	
31	Sat	**10:07**	5.2	**10:40**	5.6	**3:58**	0.9	**4:04**	0.4	6:02	6:38	