US HARBORS www.USHarbors.com

Alcatraz Island, CA - Mar 1788

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:20	5.2	9:05	4.2	12:37	3.1	1:44	0.5	6:46	6:11	
2	Sun	7:22	5.2	9:42	4.4	1:42	2.9	2:33	0.3	6:45	6:12	
3	Mon	8:16	5.3	10:12	4.6	2:34	2.7	3:14	0.2	6:44	6:13	
4	Tue	9:04	5.4	10:38	4.7	3:17	2.3	3:48	0.1	6:42	6:14	
5	Wed	9:48	5.4	11:02	4.9	3:55	2.0	4:19	0.1	6:41	6:15	
6	Thu	10:30	5.4	11:26	5.1	4:30	1.7	4:48	0.2	6:39	6:16	
7	Fri	11:12	5.3	11:51	5.3	5:04	1.4	5:16	0.4	6:38	6:17	
8	Sat	11:54	5.2			5:38	1.0	5:46	0.7	6:36	6:18	
9	Sun	12:17	5.5	12:38	5.0	6:14	0.7	6:17	1.0	6:35	6:19	
10	Mon	12:46	5.7	1:26	4.7	6:54	0.4	6:50	1.4	6:33	6:20	
11	Tue	1:18	5.8	2:20	4.4	7:39	0.2	7:27	1.9	6:32	6:21	
12	Wed	1:54	5.9	3:25	4.1	8:30	0.1	8:11	2.3	6:30	6:22	
13	Thu	2:38	5.8	4:44	3.9	9:30	0.1	9:07	2.7	6:29	6:22	
14	Fri	3:33	5.7	6:12	3.9	10:41	0.1	10:24	3.0	6:27	6:23	
15	Sat	4:40	5.6	7:28	4.2	11:56	0.0	11:55	2.9	6:26	6:24	
16	Sun	5:56	5.6	8:24	4.5			1:06	-0.2	6:24	6:25	
17	Mon	7:10	5.6	9:08	4.9	1:15	2.5	2:04	-0.3	6:23	6:26	
18	Tue	8:18	5.7	9:47	5.2	2:19	2.0	2:55	-0.4	6:21	6:27	
19	Wed	9:20	5.8	10:24	5.5	3:14	1.4	3:39	-0.3	6:20	6:28	
20	Thu	10:16	5.7	10:59	5.8	4:04	0.8	4:21	0.0	6:18	6:29	
21	Fri	11:10	5.6	11:33	6.0	4:51	0.4	5:00	0.3	6:17	6:30	
22	Sat			12:02	5.3	5:36	0.0	5:39	0.8	6:15	6:31	
23	Sun	12:07	6.0	12:54	5.0	6:21	-0.2	6:18	1.3	6:13	6:32	
24	Mon	12:40	6.0	1:46	4.7	7:05	-0.2	6:58	1.8	6:12	6:33	
25	Tue	1:15	5.9	2:42	4.4	7:50	-0.1	7:40	2.3	6:10	6:34	
26	Wed	1:52	5.6	3:44	4.1	8:39	0.0	8:29	2.7	6:09	6:34	
27	Thu	2:33	5.3	4:57	4.0	9:34	0.3	9:31	3.0	6:07	6:35	
28	Fri	3:22	5.1	6:17	3.9	10:37	0.5	10:53	3.1	6:06	6:36	
29	Sat	4:23	4.8	7:24	4.1	11:44	0.6			6:04	6:37	
30	Sun	5:32	4.6	8:11	4.2	12:14	3.0	12:46	0.6	6:03	6:38	
31	Mon	6:42	4.6	8:46	4.4	1:19	2.7	1:39	0.5	6:01	6:39	