US HARBORS www.USHarbors.com

Alcatraz Island, CA - Mar 1796

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:35	5.1	7:14	3.7	11:52	1.0	11:32	3.1	6:46	6:11	
2	Wed	5:31	5.1	8:33	4.0			12:58	0.8	6:45	6:12	
3	Thu	6:31	5.1	9:22	4.2	12:51	3.2	1:55	0.5	6:43	6:13	
4	Fri	7:30	5.3	9:58	4.4	1:54	3.1	2:42	0.2	6:42	6:14	
5	Sat	8:23	5.4	10:29	4.6	2:43	2.9	3:23	-0.1	6:41	6:15	
6	Sun	9:11	5.6	10:57	4.8	3:24	2.6	4:00	-0.3	6:39	6:16	
7	Mon	9:56	5.8	11:25	4.9	4:01	2.3	4:34	-0.4	6:38	6:17	
8	Tue	10:40	5.9	11:54	5.1	4:37	1.9	5:08	-0.4	6:36	6:18	
9	Wed	11:24	5.8			5:15	1.5	5:41	-0.3	6:35	6:19	
10	Thu	12:24	5.3	12:11	5.7	5:55	1.1	6:16	0.0	6:33	6:20	
11	Fri	12:55	5.5	1:00	5.4	6:39	0.8	6:53	0.4	6:32	6:21	
12	Sat	1:28	5.7	1:55	5.0	7:27	0.5	7:33	1.0	6:30	6:22	
13	Sun	2:04	5.8	2:59	4.6	8:21	0.3	8:17	1.6	6:29	6:23	
14	Mon	2:46	5.9	4:17	4.2	9:22	0.2	9:10	2.2	6:27	6:23	
15	Tue	3:36	5.8	5:48	4.1	10:33	0.1	10:19	2.7	6:26	6:24	
16	Wed	4:37	5.7	7:18	4.2	11:50	0.0	11:46	2.9	6:24	6:25	
17	Thu	5:48	5.6	8:27	4.5			1:04	-0.2	6:23	6:26	
18	Fri	7:01	5.7	9:18	4.8	1:09	2.8	2:07	-0.4	6:21	6:27	
19	Sat	8:08	5.7	10:01	5.1	2:16	2.5	3:00	-0.5	6:20	6:28	
20	Sun	9:07	5.8	10:39	5.3	3:12	2.0	3:46	-0.5	6:18	6:29	
21	Mon	10:01	5.7	11:13	5.4	4:00	1.6	4:26	-0.4	6:16	6:30	
22	Tue	10:50	5.6	11:45	5.5	4:45	1.2	5:04	-0.1	6:15	6:31	
23	Wed	11:36	5.4			5:26	0.9	5:38	0.3	6:13	6:32	
24	Thu	12:15	5.5	12:22	5.1	6:06	0.7	6:12	0.7	6:12	6:33	
25	Fri	12:43	5.5	1:07	4.8	6:45	0.5	6:45	1.2	6:10	6:34	
26	Sat	1:10	5.4	1:55	4.5	7:24	0.4	7:19	1.7	6:09	6:34	
27	Sun	1:38	5.3	2:47	4.2	8:06	0.4	7:55	2.2	6:07	6:35	
28	Mon	2:08	5.2	3:49	3.9	8:51	0.5	8:38	2.7	6:06	6:36	
29	Tue	2:45	5.0	5:07	3.8	9:44	0.6	9:35	3.0	6:04	6:37	
30	Wed	3:31	4.9	6:38	3.8	10:47	0.6	11:01	3.2	6:03	6:38	
31	Thu	4:31	4.7	7:48	4.0	11:55	0.6			6:01	6:39	