US HARBORS www.USHarbors.com

Alcatraz Island, CA - Mar 1797

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:24	5.2	1:13	5.0	7:02	1.4	7:13	0.6	6:47	6:11	
2	Thu	1:53	5.4	2:02	4.7	7:46	1.1	7:47	1.1	6:45	6:12	
3	Fri	2:24	5.5	3:03	4.2	8:37	0.9	8:26	1.7	6:44	6:13	
4	Sat	3:02	5.6	4:23	3.9	9:37	0.7	9:13	2.3	6:42	6:14	
5	Sun	3:47	5.6	6:03	3.8	10:47	0.5	10:18	2.8	6:41	6:15	
6	Mon	4:45	5.7	7:40	4.0			12:03	0.2	6:39	6:16	
7	Tue	5:54	5.8	8:47	4.3			1:15	-0.2	6:38	6:17	
8	Wed	7:05	5.9	9:37	4.7	1:06	3.1	2:17	-0.6	6:37	6:18	
9	Thu	8:11	6.1	10:18	5.0	2:14	2.7	3:11	-0.9	6:35	6:18	
10	Fri	9:12	6.3	10:56	5.2	3:12	2.3	3:59	-1.0	6:34	6:19	
11	Sat	10:08	6.3	11:32	5.4	4:04	1.8	4:42	-0.9	6:32	6:20	
12	Sun	11:01	6.2			4:53	1.3	5:23	-0.6	6:31	6:21	
13	Mon	12:07	5.6	11:53 AM	5.9	5:41	0.9	6:02	-0.2	6:29	6:22	
14	Tue	12:41	5.7	12:44	5.5	6:28	0.6	6:40	0.3	6:28	6:23	
15	Wed	1:15	5.8	1:37	5.0	7:16	0.4	7:18	1.0	6:26	6:24	
16	Thu	1:48	5.7	2:34	4.6	8:05	0.4	7:59	1.6	6:24	6:25	
17	Fri	2:23	5.6	3:40	4.2	8:57	0.4	8:43	2.3	6:23	6:26	
18	Sat	3:01	5.4	5:02	3.9	9:55	0.5	9:41	2.8	6:21	6:27	
19	Sun	3:46	5.2	6:40	3.9	11:01	0.6	11:01	3.2	6:20	6:28	
20	Mon	4:42	4.9	8:01	4.1			12:11	0.6	6:18	6:29	
21	Tue	5:48	4.8	8:53	4.3	12:28	3.2	1:16	0.5	6:17	6:30	
22	Wed	6:56	4.9	9:31	4.5	1:36	3.0	2:10	0.3	6:15	6:31	
23	Thu	7:56	5.0	10:01	4.6	2:28	2.7	2:54	0.2	6:14	6:32	
24	Fri	8:47	5.1	10:27	4.7	3:10	2.4	3:32	0.1	6:12	6:32	
25	Sat	9:33	5.2	10:51	4.9	3:46	2.0	4:05	0.0	6:11	6:33	
26	Sun	10:17	5.3	11:15	5.0	4:20	1.7	4:36	0.1	6:09	6:34	
27	Mon	10:59	5.2	11:40	5.2	4:53	1.3	5:05	0.3	6:08	6:35	
28	Tue	11:43	5.1			5:27	0.9	5:36	0.5	6:06	6:36	
29	Wed	12:06	5.4	12:29	5.0	6:03	0.5	6:07	0.9	6:05	6:37	
30	Thu	12:34	5.6	1:18	4.8	6:43	0.2	6:41	1.4	6:03	6:38	
31	Fri	1:04	5.7	2:14	4.5	7:27	-0.1	7:19	1.9	6:02	6:39	