US HARBORS www.USHarbors.com

Alcatraz Island, CA - Mar 1799

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:22	5.8	9:58	4.7	1:32	3.2	2:43	-0.3	6:47	6:10	
2	Sat	8:24	5.8	10:37	4.9	2:37	3.0	3:31	-0.4	6:46	6:11	
3	Sun	9:17	5.8	11:12	5.0	3:29	2.7	4:12	-0.4	6:44	6:12	
4	Mon	10:04	5.8	11:42	5.0	4:13	2.3	4:48	-0.4	6:43	6:13	
5	Tue	10:46	5.7			4:52	2.1	5:19	-0.2	6:42	6:14	
6	Wed	12:08	5.0	11:25 AM	5.5	5:28	1.8	5:48	0.0	6:40	6:15	
7	Thu	12:31	5.1	12:04	5.2	6:03	1.6	6:15	0.4	6:39	6:16	
8	Fri	12:52	5.1	12:43	4.9	6:37	1.3	6:42	0.8	6:37	6:17	
9	Sat	1:14	5.2	1:24	4.6	7:13	1.1	7:08	1.3	6:36	6:18	
10	Sun	1:37	5.3	2:11	4.2	7:51	1.0	7:36	1.8	6:34	6:19	
11	Mon	2:03	5.3	3:07	3.9	8:33	0.9	8:07	2.3	6:33	6:20	
12	Tue	2:34	5.3	4:24	3.6	9:24	0.8	8:44	2.8	6:31	6:21	
13	Wed	3:14	5.2	6:11	3.6	10:26	0.8	9:40	3.3	6:30	6:22	
14	Thu	4:06	5.2	7:54	3.8	11:39	0.6	11:15	3.5	6:28	6:23	
15	Fri	5:12	5.2	8:49	4.1			12:50	0.3	6:27	6:24	
16	Sat	6:24	5.3	9:25	4.4	12:46	3.4	1:51	-0.1	6:25	6:25	
17	Sun	7:32	5.6	9:57	4.6	1:51	3.1	2:41	-0.5	6:24	6:26	
18	Mon	8:33	5.8	10:28	4.9	2:42	2.6	3:26	-0.7	6:22	6:26	
19	Tue	9:30	6.0	10:58	5.2	3:30	2.0	4:07	-0.8	6:21	6:27	
20	Wed	10:24	6.1	11:29	5.5	4:16	1.4	4:47	-0.6	6:19	6:28	
21	Thu	11:19	6.0			5:03	0.7	5:25	-0.3	6:18	6:29	
22	Fri	12:02	5.8	12:14	5.7	5:52	0.2	6:04	0.3	6:16	6:30	
23	Sat	12:35	6.1	1:12	5.3	6:42	-0.3	6:44	0.9	6:15	6:31	
24	Sun	1:11	6.2	2:15	4.8	7:35	-0.5	7:27	1.6	6:13	6:32	
25	Mon	1:51	6.2	3:27	4.4	8:32	-0.5	8:15	2.3	6:11	6:33	
26	Tue	2:36	6.1	4:51	4.2	9:35	-0.4	9:17	2.9	6:10	6:34	
27	Wed	3:29	5.8	6:25	4.2	10:47	-0.2	10:43	3.2	6:08	6:35	
28	Thu	4:34	5.4	7:44	4.4			12:03	-0.1	6:07	6:36	
29	Fri	5:50	5.2	8:40	4.7	12:19	3.2	1:14	-0.1	6:05	6:37	
30	Sat	7:05	5.1	9:23	4.8	1:35	2.9	2:12	-0.1	6:04	6:37	
31	Sun	8:10	5.1	9:58	4.9	2:33	2.5	2:59	-0.1	6:02	6:38	