

Alcatraz Island, CA - Mar 1830

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:22	5.9	6:08	4.2	11:16	0.4	11:04	2.4	6:48	6:10	
2	Tue	5:24	5.8	7:34	4.3			12:32	0.3	6:47	6:11	
3	Wed	6:31	5.7	8:41	4.6	12:24	2.5	1:39	0.1	6:45	6:12	
4	Thu	7:35	5.7	9:33	4.8	1:36	2.5	2:35	-0.1	6:44	6:13	
5	Fri	8:33	5.7	10:16	5.0	2:37	2.3	3:23	-0.1	6:42	6:14	
6	Sat	9:24	5.7	10:53	5.1	3:27	2.1	4:03	-0.1	6:41	6:15	
7	Sun	10:10	5.7	11:26	5.2	4:11	1.8	4:39	-0.1	6:39	6:16	
8	Mon	10:52	5.5	11:55	5.2	4:51	1.6	5:12	0.1	6:38	6:17	
9	Tue	11:31	5.4			5:27	1.4	5:42	0.3	6:36	6:17	
10	Wed	12:21	5.2	12:09	5.2	6:02	1.2	6:12	0.6	6:35	6:18	
11	Thu	12:47	5.2	12:48	4.9	6:36	1.1	6:41	0.9	6:33	6:19	
12	Fri	1:13	5.2	1:28	4.7	7:12	1.0	7:12	1.3	6:32	6:20	
13	Sat	1:41	5.2	2:12	4.4	7:50	1.0	7:44	1.7	6:30	6:21	
14	Sun	2:12	5.2	3:04	4.1	8:33	0.9	8:21	2.1	6:29	6:22	
15	Mon	2:49	5.1	4:10	3.8	9:24	0.9	9:07	2.5	6:27	6:23	
16	Tue	3:34	5.1	5:32	3.7	10:25	0.9	10:10	2.8	6:26	6:24	
17	Wed	4:29	5.0	6:57	3.8	11:33	0.7	11:33	2.9	6:24	6:25	
18	Thu	5:34	5.0	8:01	4.1			12:39	0.5	6:23	6:26	
19	Fri	6:41	5.2	8:49	4.4	12:49	2.8	1:37	0.1	6:21	6:27	
20	Sat	7:45	5.4	9:29	4.8	1:50	2.5	2:28	-0.2	6:20	6:28	
21	Sun	8:43	5.7	10:05	5.1	2:41	2.0	3:14	-0.4	6:18	6:29	
22	Mon	9:39	5.9	10:41	5.4	3:29	1.5	3:57	-0.4	6:17	6:30	
23	Tue	10:33	5.9	11:18	5.7	4:16	0.9	4:40	-0.3	6:15	6:31	
24	Wed	11:26	5.9	11:55	6.0	5:03	0.4	5:22	-0.1	6:14	6:32	
25	Thu			12:21	5.7	5:51	0.0	6:05	0.3	6:12	6:32	
26	Fri	12:34	6.2	1:17	5.4	6:41	-0.3	6:50	0.8	6:11	6:33	
27	Sat	1:16	6.2	2:17	5.1	7:34	-0.4	7:38	1.3	6:09	6:34	
28	Sun	2:00	6.1	3:23	4.7	8:31	-0.4	8:33	1.9	6:08	6:35	
29	Mon	2:50	5.9	4:37	4.5	9:34	-0.2	9:39	2.3	6:06	6:36	
30	Tue	3:47	5.6	5:58	4.4	10:44	0.0	10:59	2.5	6:05	6:37	
31	Wed	4:53	5.3	7:12	4.6	11:57	0.1			6:03	6:38	