

Alcatraz Island, CA - Mar 1840

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:18	5.8	11:06	4.8	3:29	2.6	4:10	-0.4	6:47	6:10	
2	Mon	10:04	5.9	11:30	5.0	4:07	2.2	4:42	-0.5	6:46	6:11	
3	Tue	10:49	5.8	11:56	5.3	4:45	1.8	5:13	-0.3	6:44	6:12	
4	Wed	11:36	5.7			5:25	1.3	5:45	0.0	6:43	6:13	
5	Thu	12:23	5.5	12:25	5.4	6:07	0.8	6:18	0.4	6:41	6:14	
6	Fri	12:52	5.8	1:19	5.0	6:53	0.4	6:53	1.0	6:40	6:15	
7	Sat	1:24	6.0	2:19	4.6	7:44	0.1	7:31	1.7	6:39	6:16	
8	Sun	2:00	6.1	3:32	4.2	8:40	0.0	8:14	2.3	6:37	6:17	
9	Mon	2:44	6.1	5:02	3.9	9:46	-0.1	9:09	2.9	6:36	6:18	
10	Tue	3:38	6.0	6:43	4.0	11:02	-0.1	10:30	3.3	6:34	6:19	
11	Wed	4:46	5.8	8:03	4.2			12:23	-0.2	6:33	6:20	
12	Thu	6:04	5.7	8:57	4.6	12:10	3.3	1:34	-0.4	6:31	6:21	
13	Fri	7:19	5.7	9:40	4.8	1:32	3.0	2:32	-0.5	6:30	6:22	
14	Sat	8:25	5.7	10:16	5.1	2:35	2.5	3:20	-0.5	6:28	6:23	
15	Sun	9:23	5.7	10:49	5.3	3:28	2.0	4:00	-0.4	6:27	6:24	
16	Mon	10:15	5.6	11:19	5.4	4:14	1.5	4:36	-0.2	6:25	6:25	
17	Tue	11:03	5.4	11:46	5.5	4:57	1.1	5:09	0.2	6:24	6:26	
18	Wed	11:50	5.1			5:37	0.7	5:40	0.7	6:22	6:27	
19	Thu	12:12	5.6	12:36	4.8	6:16	0.5	6:11	1.2	6:21	6:27	
20	Fri	12:36	5.6	1:22	4.5	6:53	0.3	6:41	1.7	6:19	6:28	
21	Sat	1:01	5.6	2:12	4.2	7:32	0.3	7:12	2.2	6:17	6:29	
22	Sun	1:27	5.5	3:09	3.9	8:14	0.3	7:46	2.7	6:16	6:30	
23	Mon	1:59	5.4	4:22	3.7	9:01	0.4	8:25	3.1	6:14	6:31	
24	Tue	2:38	5.2	5:59	3.7	9:59	0.5	9:25	3.4	6:13	6:32	
25	Wed	3:31	5.0	7:31	3.8	11:08	0.6	11:08	3.5	6:11	6:33	
26	Thu	4:37	4.8	8:21	4.0			12:19	0.5	6:10	6:34	
27	Fri	5:51	4.8	8:53	4.2	12:38	3.3	1:19	0.3	6:08	6:35	
28	Sat	7:00	4.9	9:19	4.4	1:38	3.0	2:07	0.1	6:07	6:36	
29	Sun	8:01	5.0	9:43	4.7	2:24	2.5	2:47	0.0	6:05	6:37	
30	Mon	8:57	5.2	10:08	5.0	3:05	1.9	3:23	0.0	6:04	6:38	
31	Tue	9:50	5.3	10:34	5.3	3:45	1.3	3:58	0.1	6:02	6:38	