

Alcatraz Island, CA - Mar 1859

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	9:11	5.5	11:03	4.7	3:29	2.7	4:07	-0.1	6:48	6:10	
2	Wed	9:54	5.6	11:26	4.8	4:06	2.3	4:37	-0.1	6:47	6:11	
3	Thu	10:34	5.5	11:47	5.0	4:40	2.0	5:04	0.0	6:45	6:12	
4	Fri	11:13	5.4			5:13	1.7	5:30	0.2	6:44	6:13	
5	Sat	12:09	5.2	11:54 AM	5.2	5:47	1.4	5:56	0.5	6:42	6:14	
6	Sun	12:32	5.4	12:37	4.9	6:22	1.0	6:24	0.9	6:41	6:15	
7	Mon	12:56	5.5	1:24	4.6	7:00	0.7	6:54	1.4	6:39	6:15	
8	Tue	1:24	5.7	2:18	4.3	7:44	0.5	7:26	1.9	6:38	6:16	
9	Wed	1:55	5.8	3:26	3.9	8:34	0.3	8:04	2.5	6:36	6:17	
10	Thu	2:34	5.8	4:55	3.7	9:35	0.2	8:52	3.0	6:35	6:18	
11	Fri	3:25	5.8	6:40	3.8	10:47	0.1	10:06	3.3	6:34	6:19	
12	Sat	4:30	5.7	8:00	4.0			12:06	-0.1	6:32	6:20	
13	Sun	5:48	5.7	8:51	4.4			1:18	-0.4	6:31	6:21	
14	Mon	7:05	5.8	9:31	4.7	1:12	3.1	2:17	-0.6	6:29	6:22	
15	Tue	8:13	5.9	10:06	5.0	2:19	2.5	3:07	-0.7	6:27	6:23	
16	Wed	9:15	6.0	10:40	5.3	3:14	1.9	3:51	-0.7	6:26	6:24	
17	Thu	10:12	5.9	11:12	5.6	4:05	1.2	4:31	-0.4	6:24	6:25	
18	Fri	11:07	5.7	11:44	5.9	4:54	0.7	5:09	0.0	6:23	6:26	
19	Sat			12:00	5.4	5:41	0.2	5:46	0.5	6:21	6:27	
20	Sun	12:16	6.0	12:54	5.1	6:27	-0.1	6:23	1.1	6:20	6:28	
21	Mon	12:48	6.1	1:50	4.7	7:13	-0.2	7:01	1.8	6:18	6:29	
22	Tue	1:21	6.0	2:51	4.3	8:00	-0.2	7:42	2.4	6:17	6:30	
23	Wed	1:57	5.8	4:01	4.0	8:52	0.0	8:29	2.9	6:15	6:31	
24	Thu	2:37	5.5	5:29	3.9	9:50	0.2	9:33	3.2	6:14	6:31	
25	Fri	3:27	5.2	7:01	4.0	10:58	0.4	11:05	3.4	6:12	6:32	
26	Sat	4:30	4.9	8:06	4.1			12:10	0.5	6:11	6:33	
27	Sun	5:43	4.8	8:48	4.3	12:31	3.3	1:14	0.4	6:09	6:34	
28	Mon	6:54	4.7	9:19	4.4	1:35	2.9	2:05	0.3	6:08	6:35	
29	Tue	7:55	4.8	9:44	4.6	2:25	2.5	2:46	0.3	6:06	6:36	
30	Wed	8:48	4.9	10:06	4.8	3:06	2.1	3:20	0.3	6:05	6:37	
31	Thu	9:36	4.9	10:28	5.0	3:43	1.6	3:51	0.4	6:03	6:38	