

Alcatraz Island, CA - Mar 1879

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:32	5.2	8:15	3.8			12:14	0.8	6:48	6:10	
2	Sun	5:38	5.3	9:02	4.0			1:19	0.4	6:46	6:11	
3	Mon	6:46	5.4	9:35	4.3	1:03	3.3	2:12	0.1	6:45	6:12	
4	Tue	7:47	5.6	10:04	4.5	2:02	3.0	2:56	-0.2	6:44	6:13	
5	Wed	8:43	5.8	10:32	4.8	2:50	2.6	3:35	-0.5	6:42	6:14	
6	Thu	9:35	6.0	11:00	5.1	3:34	2.1	4:12	-0.5	6:41	6:15	
7	Fri	10:27	6.0	11:30	5.5	4:19	1.5	4:48	-0.4	6:39	6:16	
8	Sat	11:19	5.9			5:04	0.9	5:24	-0.1	6:38	6:17	
9	Sun	12:01	5.8	12:12	5.6	5:50	0.4	6:01	0.4	6:36	6:18	
10	Mon	12:34	6.1	1:08	5.3	6:40	-0.1	6:40	1.0	6:35	6:19	
11	Tue	1:10	6.3	2:10	4.8	7:32	-0.3	7:21	1.6	6:33	6:19	
12	Wed	1:50	6.3	3:19	4.4	8:29	-0.4	8:08	2.2	6:32	6:20	
13	Thu	2:36	6.2	4:42	4.1	9:33	-0.3	9:07	2.7	6:30	6:21	
14	Fri	3:32	6.0	6:15	4.1	10:47	-0.2	10:28	3.1	6:29	6:22	
15	Sat	4:39	5.7	7:36	4.3			12:05	-0.1	6:27	6:23	
16	Sun	5:55	5.5	8:35	4.6	12:05	3.1	1:16	-0.1	6:26	6:24	
17	Mon	7:09	5.4	9:20	4.8	1:25	2.8	2:15	-0.2	6:24	6:25	
18	Tue	8:14	5.4	9:57	5.0	2:27	2.4	3:02	-0.2	6:23	6:26	
19	Wed	9:11	5.4	10:29	5.1	3:18	1.9	3:42	0.0	6:21	6:27	
20	Thu	10:01	5.3	10:57	5.3	4:02	1.5	4:16	0.2	6:20	6:28	
21	Fri	10:46	5.1	11:22	5.3	4:41	1.1	4:47	0.5	6:18	6:29	
22	Sat	11:30	5.0	11:44	5.4	5:17	0.8	5:17	0.9	6:17	6:30	
23	Sun			12:12	4.8	5:51	0.6	5:45	1.3	6:15	6:31	
24	Mon	12:06	5.5	12:55	4.5	6:24	0.4	6:14	1.7	6:14	6:32	
25	Tue	12:30	5.5	1:39	4.3	6:58	0.3	6:43	2.1	6:12	6:33	
26	Wed	12:56	5.5	2:28	4.1	7:34	0.3	7:15	2.5	6:10	6:33	
27	Thu	1:26	5.4	3:25	3.9	8:16	0.3	7:49	2.8	6:09	6:34	
28	Fri	2:03	5.3	4:37	3.7	9:05	0.4	8:34	3.1	6:07	6:35	
29	Sat	2:48	5.2	6:04	3.7	10:05	0.4	9:44	3.3	6:06	6:36	
30	Sun	3:46	5.0	7:16	3.9	11:14	0.4	11:21	3.3	6:04	6:37	
31	Mon	4:56	4.9	8:02	4.1			12:21	0.2	6:03	6:38	