

Alcatraz Island, CA - Mar 1890

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:36	5.3	10:09	4.6	1:59	3.1	2:56	0.2	6:40	6:03	
2	Sun	8:28	5.4	10:42	4.7	2:50	2.9	3:37	0.0	6:39	6:04	
3	Mon	9:15	5.6	11:11	4.8	3:33	2.7	4:12	-0.1	6:37	6:05	
4	Tue	9:57	5.6	11:37	4.8	4:10	2.4	4:44	-0.2	6:36	6:06	
5	Wed	10:36	5.6			4:44	2.1	5:13	-0.2	6:35	6:07	
6	Thu	12:01	4.9	11:15 AM	5.6	5:18	1.9	5:41	-0.1	6:33	6:08	
7	Fri	12:26	5.0	11:55 AM	5.4	5:51	1.6	6:09	0.2	6:32	6:09	
8	Sat	12:51	5.2	12:36	5.2	6:27	1.3	6:38	0.5	6:30	6:10	
9	Sun	1:18	5.3	1:21	4.9	7:06	1.1	7:10	0.9	6:29	6:11	
10	Mon	1:47	5.4	2:13	4.5	7:50	0.8	7:44	1.5	6:27	6:12	
11	Tue	2:19	5.5	3:17	4.1	8:41	0.6	8:24	2.0	6:26	6:13	
12	Wed	2:58	5.6	4:40	3.9	9:42	0.4	9:15	2.6	6:24	6:14	
13	Thu	3:47	5.6	6:20	3.8	10:52	0.3	10:26	3.0	6:23	6:15	
14	Fri	4:49	5.6	7:48	4.1			12:08	0.0	6:21	6:16	
15	Sat	6:02	5.6	8:49	4.4			1:19	-0.3	6:20	6:17	
16	Sun	7:15	5.8	9:35	4.8	1:19	3.0	2:20	-0.6	6:18	6:17	
17	Mon	8:21	6.0	10:15	5.0	2:24	2.6	3:12	-0.8	6:17	6:18	
18	Tue	9:21	6.1	10:52	5.3	3:20	2.0	3:58	-0.9	6:15	6:19	
19	Wed	10:17	6.1	11:27	5.5	4:10	1.5	4:41	-0.7	6:14	6:20	
20	Thu	11:10	6.0			4:59	1.0	5:21	-0.4	6:12	6:21	
21	Fri	12:01	5.7	12:02	5.7	5:46	0.6	6:00	0.1	6:11	6:22	
22	Sat	12:34	5.8	12:55	5.3	6:32	0.3	6:39	0.6	6:09	6:23	
23	Sun	1:07	5.8	1:49	4.9	7:19	0.2	7:18	1.3	6:08	6:24	
24	Mon	1:41	5.7	2:48	4.5	8:07	0.2	8:00	1.9	6:06	6:25	
25	Tue	2:15	5.6	3:56	4.1	8:59	0.2	8:48	2.5	6:04	6:26	
26	Wed	2:54	5.3	5:20	4.0	9:57	0.4	9:51	3.0	6:03	6:27	
27	Thu	3:41	5.1	6:51	4.0	11:03	0.5	11:16	3.2	6:01	6:28	
28	Fri	4:40	4.8	8:02	4.2			12:14	0.5	6:00	6:29	
29	Sat	5:50	4.7	8:50	4.4	12:38	3.2	1:17	0.4	5:58	6:29	
30	Sun	6:58	4.7	9:26	4.5	1:41	2.9	2:09	0.3	5:57	6:30	
31	Mon	7:58	4.8	9:55	4.7	2:31	2.6	2:52	0.2	5:55	6:31	