

Alcatraz Island, CA - Mar 1940

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:07	5.7	7:16	4.2			12:13	0.4	6:40	6:03	
2	Sat	6:13	5.6	8:26	4.5	12:07	2.6	1:21	0.3	6:39	6:04	
3	Sun	7:18	5.5	9:19	4.7	1:21	2.6	2:19	0.1	6:38	6:05	
4	Mon	8:17	5.5	10:01	4.9	2:23	2.4	3:06	0.1	6:36	6:06	
5	Tue	9:08	5.5	10:37	5.0	3:13	2.1	3:47	0.0	6:35	6:07	
6	Wed	9:53	5.5	11:07	5.1	3:56	1.9	4:22	0.1	6:33	6:08	
7	Thu	10:35	5.4	11:34	5.1	4:34	1.7	4:53	0.2	6:32	6:09	
8	Fri	11:13	5.3	11:59	5.2	5:09	1.5	5:23	0.4	6:30	6:10	
9	Sat	11:51	5.2			5:42	1.3	5:52	0.6	6:29	6:11	
10	Sun	12:23	5.2	12:29	5.0	6:15	1.1	6:20	0.9	6:27	6:12	
11	Mon	12:49	5.3	1:09	4.7	6:48	1.0	6:50	1.2	6:26	6:13	
12	Tue	1:16	5.3	1:52	4.5	7:24	0.9	7:21	1.6	6:24	6:14	
13	Wed	1:47	5.4	2:41	4.2	8:05	0.8	7:57	2.0	6:23	6:14	
14	Thu	2:23	5.3	3:41	3.9	8:53	0.8	8:39	2.3	6:21	6:15	
15	Fri	3:05	5.3	4:57	3.8	9:50	0.7	9:36	2.7	6:20	6:16	
16	Sat	3:58	5.2	6:21	3.8	10:57	0.6	10:52	2.8	6:18	6:17	
17	Sun	5:02	5.2	7:33	4.1			12:07	0.4	6:17	6:18	
18	Mon	6:12	5.3	8:26	4.4	12:14	2.8	1:11	0.1	6:15	6:19	
19	Tue	7:20	5.5	9:09	4.8	1:23	2.4	2:06	-0.1	6:14	6:20	
20	Wed	8:24	5.7	9:48	5.1	2:21	1.9	2:55	-0.3	6:12	6:21	
21	Thu	9:23	5.9	10:26	5.5	3:13	1.4	3:41	-0.4	6:11	6:22	
22	Fri	10:19	5.9	11:03	5.8	4:02	0.8	4:25	-0.3	6:09	6:23	
23	Sat	11:14	5.9	11:42	6.1	4:51	0.2	5:08	0.0	6:08	6:24	
24	Sun			12:09	5.7	5:40	-0.2	5:51	0.4	6:06	6:25	
25	Mon	12:21	6.3	1:05	5.4	6:30	-0.5	6:36	0.9	6:05	6:26	
26	Tue	1:02	6.3	2:03	5.1	7:22	-0.5	7:23	1.4	6:03	6:27	
27	Wed	1:46	6.2	3:06	4.7	8:16	-0.4	8:16	1.9	6:02	6:27	
28	Thu	2:34	5.9	4:16	4.5	9:16	-0.2	9:19	2.3	6:00	6:28	
29	Fri	3:28	5.6	5:34	4.3	10:21	0.0	10:37	2.6	5:59	6:29	
30	Sat	4:30	5.2	6:50	4.4	11:32	0.2			5:57	6:30	
31	Sun	5:40	4.9	7:53	4.6	12:00	2.6	12:39	0.3	5:55	6:31	