

Alcatraz Island, CA - Mar 1954

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:08	5.8	10:13	4.6	2:15	2.9	3:09	-0.4	6:41	6:02	
2	Tue	9:03	6.0	10:42	4.9	3:03	2.4	3:48	-0.6	6:39	6:03	
3	Wed	9:55	6.1	11:12	5.2	3:49	1.9	4:26	-0.6	6:38	6:04	
4	Thu	10:47	6.1	11:43	5.6	4:34	1.3	5:03	-0.4	6:37	6:05	
5	Fri	11:39	5.9			5:21	0.8	5:41	-0.1	6:35	6:06	
6	Sat	12:16	5.9	12:34	5.6	6:09	0.3	6:19	0.4	6:34	6:07	
7	Sun	12:51	6.2	1:31	5.2	7:00	-0.1	7:00	1.0	6:32	6:08	
8	Mon	1:29	6.3	2:35	4.7	7:55	-0.2	7:43	1.7	6:31	6:09	
9	Tue	2:11	6.3	3:48	4.3	8:55	-0.2	8:34	2.3	6:29	6:10	
10	Wed	3:00	6.2	5:15	4.1	10:03	-0.1	9:39	2.8	6:28	6:11	
11	Thu	3:59	5.9	6:47	4.1	11:21	0.0	11:06	3.0	6:26	6:12	
12	Fri	5:09	5.7	8:00	4.4			12:37	0.0	6:25	6:13	
13	Sat	6:24	5.5	8:54	4.7	12:36	3.0	1:44	-0.1	6:23	6:14	
14	Sun	7:34	5.5	9:37	4.9	1:48	2.6	2:37	-0.1	6:22	6:15	
15	Mon	8:35	5.4	10:12	5.1	2:46	2.2	3:21	-0.1	6:20	6:16	
16	Tue	9:28	5.4	10:43	5.2	3:33	1.8	3:58	0.0	6:19	6:17	
17	Wed	10:15	5.3	11:10	5.2	4:15	1.4	4:31	0.3	6:17	6:18	
18	Thu	10:59	5.1	11:34	5.3	4:53	1.1	5:00	0.6	6:16	6:19	
19	Fri	11:41	4.9	11:57	5.4	5:28	0.8	5:29	0.9	6:14	6:20	
20	Sat			12:22	4.7	6:02	0.6	5:56	1.3	6:13	6:21	
21	Sun	12:19	5.4	1:03	4.5	6:35	0.5	6:24	1.7	6:11	6:22	
22	Mon	12:43	5.5	1:48	4.3	7:10	0.4	6:53	2.1	6:10	6:23	
23	Tue	1:10	5.5	2:37	4.0	7:48	0.3	7:24	2.5	6:08	6:23	
24	Wed	1:42	5.4	3:37	3.8	8:32	0.4	8:00	2.8	6:07	6:24	
25	Thu	2:21	5.3	4:54	3.7	9:25	0.4	8:48	3.1	6:05	6:25	
26	Fri	3:10	5.1	6:22	3.7	10:28	0.4	10:06	3.3	6:04	6:26	
27	Sat	4:12	5.0	7:30	3.9	11:37	0.3	11:43	3.2	6:02	6:27	
28	Sun	5:24	5.0	8:14	4.2			12:42	0.2	6:01	6:28	
29	Mon	6:38	5.1	8:48	4.5	12:59	2.9	1:37	0.0	5:59	6:29	
30	Tue	7:45	5.2	9:19	4.8	1:56	2.3	2:24	-0.1	5:58	6:30	
31	Wed	8:48	5.4	9:50	5.2	2:46	1.7	3:06	-0.1	5:56	6:31	