

Alcatraz Island, CA - Mar 1956

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:16	5.8	3:17	4.3	8:45	0.5	8:29	2.0	6:40	6:03	
2	Fri	2:56	5.6	4:31	3.9	9:43	0.6	9:21	2.5	6:39	6:04	
3	Sat	3:42	5.4	6:01	3.8	10:49	0.7	10:30	2.9	6:37	6:05	
4	Sun	4:37	5.2	7:31	3.9			12:00	0.7	6:36	6:06	
5	Mon	5:40	5.1	8:33	4.1			1:06	0.6	6:34	6:07	
6	Tue	6:45	5.1	9:15	4.3	1:07	3.0	2:02	0.5	6:33	6:08	
7	Wed	7:45	5.2	9:48	4.5	2:05	2.7	2:46	0.3	6:32	6:09	
8	Thu	8:37	5.3	10:16	4.7	2:52	2.4	3:24	0.2	6:30	6:10	
9	Fri	9:23	5.3	10:41	4.8	3:32	2.1	3:57	0.2	6:29	6:11	
10	Sat	10:07	5.4	11:05	5.0	4:08	1.7	4:27	0.2	6:27	6:12	
11	Sun	10:49	5.3	11:31	5.3	4:42	1.4	4:56	0.4	6:26	6:13	
12	Mon	11:32	5.3	11:58	5.5	5:17	1.0	5:26	0.6	6:24	6:14	
13	Tue			12:16	5.1	5:52	0.7	5:57	0.9	6:23	6:15	
14	Wed	12:26	5.7	1:02	4.9	6:31	0.4	6:31	1.3	6:21	6:16	
15	Thu	12:58	5.8	1:54	4.6	7:14	0.2	7:07	1.7	6:20	6:16	
16	Fri	1:33	5.9	2:54	4.3	8:02	0.0	7:49	2.1	6:18	6:17	
17	Sat	2:14	5.9	4:05	4.1	8:58	0.0	8:41	2.5	6:17	6:18	
18	Sun	3:05	5.8	5:28	4.0	10:04	0.0	9:49	2.8	6:15	6:19	
19	Mon	4:07	5.6	6:49	4.1	11:18	0.0	11:17	2.9	6:14	6:20	
20	Tue	5:21	5.5	7:53	4.4			12:31	-0.1	6:12	6:21	
21	Wed	6:37	5.5	8:42	4.8	12:43	2.6	1:35	-0.2	6:11	6:22	
22	Thu	7:49	5.6	9:24	5.1	1:52	2.1	2:28	-0.3	6:09	6:23	
23	Fri	8:53	5.6	10:02	5.4	2:50	1.5	3:15	-0.2	6:07	6:24	
24	Sat	9:51	5.6	10:38	5.7	3:41	1.0	3:58	0.0	6:06	6:25	
25	Sun	10:46	5.5	11:12	5.9	4:29	0.5	4:38	0.3	6:04	6:26	
26	Mon	11:38	5.3	11:46	6.0	5:14	0.1	5:17	0.7	6:03	6:27	
27	Tue			12:29	5.1	5:57	-0.2	5:56	1.2	6:01	6:28	
28	Wed	12:19	6.0	1:20	4.8	6:40	-0.3	6:35	1.6	6:00	6:29	
29	Thu	12:53	5.9	2:12	4.5	7:24	-0.2	7:16	2.1	5:58	6:29	
30	Fri	1:28	5.7	3:09	4.3	8:09	-0.1	8:00	2.5	5:57	6:30	
31	Sat	2:06	5.4	4:13	4.0	8:59	0.1	8:54	2.8	5:55	6:31	