

Alcatraz Island, CA - Mar 1967

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:50	6.1	4:01	4.2	9:25	0.3	9:01	2.1	6:41	6:02	
2	Thu	3:36	6.0	5:38	3.9	10:37	0.2	10:02	2.8	6:40	6:03	
3	Fri	4:31	5.9	7:23	4.1	11:55	0.1	11:27	3.2	6:38	6:04	
4	Sat	5:37	5.7	8:41	4.4			1:10	-0.1	6:37	6:05	
5	Sun	6:47	5.7	9:34	4.7	12:58	3.3	2:14	-0.2	6:35	6:06	
6	Mon	7:53	5.7	10:16	4.8	2:10	3.1	3:07	-0.3	6:34	6:07	
7	Tue	8:50	5.7	10:51	4.9	3:06	2.8	3:50	-0.4	6:33	6:08	
8	Wed	9:40	5.7	11:21	5.0	3:52	2.4	4:27	-0.3	6:31	6:09	
9	Thu	10:24	5.6	11:48	5.0	4:32	2.1	4:59	-0.2	6:30	6:10	
10	Fri	11:04	5.5			5:08	1.8	5:28	0.0	6:28	6:11	
11	Sat	12:11	5.0	11:43 AM	5.2	5:42	1.5	5:55	0.3	6:27	6:12	
12	Sun	12:32	5.1	12:21	5.0	6:16	1.3	6:21	0.7	6:25	6:13	
13	Mon	12:52	5.2	1:02	4.7	6:49	1.1	6:47	1.2	6:24	6:14	
14	Tue	1:14	5.3	1:46	4.3	7:25	0.9	7:14	1.7	6:22	6:15	
15	Wed	1:38	5.3	2:37	4.0	8:04	0.8	7:43	2.2	6:21	6:16	
16	Thu	2:07	5.3	3:43	3.7	8:50	0.7	8:15	2.7	6:19	6:17	
17	Fri	2:42	5.3	5:14	3.6	9:45	0.7	8:59	3.1	6:18	6:18	
18	Sat	3:28	5.2	7:07	3.7	10:53	0.6	10:16	3.5	6:16	6:19	
19	Sun	4:29	5.2	8:20	4.0			12:08	0.3	6:15	6:20	
20	Mon	5:42	5.2	9:02	4.2	12:00	3.5	1:16	0.0	6:13	6:21	
21	Tue	6:55	5.4	9:35	4.5	1:18	3.3	2:12	-0.4	6:12	6:21	
22	Wed	8:01	5.7	10:06	4.8	2:15	2.8	2:59	-0.6	6:10	6:22	
23	Thu	9:01	5.9	10:36	5.1	3:04	2.2	3:42	-0.8	6:08	6:23	
24	Fri	9:57	6.0	11:07	5.4	3:52	1.5	4:22	-0.7	6:07	6:24	
25	Sat	10:52	5.9	11:38	5.7	4:39	0.8	5:01	-0.3	6:05	6:25	
26	Sun	11:48	5.7			5:27	0.2	5:40	0.2	6:04	6:26	
27	Mon	12:11	6.0	12:46	5.4	6:16	-0.3	6:20	0.8	6:02	6:27	
28	Tue	12:46	6.2	1:47	5.0	7:08	-0.6	7:01	1.5	6:01	6:28	
29	Wed	1:24	6.3	2:54	4.6	8:02	-0.7	7:47	2.2	5:59	6:29	
30	Thu	2:06	6.2	4:12	4.3	9:01	-0.6	8:42	2.8	5:58	6:30	
31	Fri	2:55	5.9	5:42	4.2	10:08	-0.4	9:58	3.2	5:56	6:31	