

Alcatraz Island, CA - Mar 1968

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:06	5.3	12:56	5.0	6:51	1.3	6:55	0.7	6:40	6:03	
2	Sat	1:30	5.4	1:41	4.6	7:31	1.1	7:25	1.3	6:39	6:04	
3	Sun	1:55	5.4	2:32	4.2	8:14	1.0	7:55	1.9	6:37	6:05	
4	Mon	2:21	5.3	3:35	3.8	9:01	1.0	8:27	2.5	6:36	6:06	
5	Tue	2:53	5.3	5:03	3.6	9:56	1.0	9:07	3.0	6:34	6:07	
6	Wed	3:33	5.2	7:08	3.6	11:03	0.9	10:15	3.4	6:33	6:08	
7	Thu	4:28	5.1	8:35	3.9			12:17	0.8	6:31	6:09	
8	Fri	5:35	5.1	9:18	4.1			1:24	0.5	6:30	6:10	
9	Sat	6:44	5.2	9:48	4.3	1:19	3.4	2:17	0.1	6:28	6:11	
10	Sun	7:46	5.4	10:15	4.5	2:14	3.2	3:01	-0.2	6:27	6:12	
11	Mon	8:41	5.6	10:41	4.7	2:57	2.8	3:39	-0.4	6:26	6:13	
12	Tue	9:31	5.8	11:07	4.9	3:38	2.3	4:14	-0.6	6:24	6:14	
13	Wed	10:20	5.9	11:33	5.2	4:18	1.8	4:48	-0.5	6:23	6:15	
14	Thu	11:09	5.8			4:59	1.2	5:22	-0.2	6:21	6:16	
15	Fri	12:01	5.5	12:00	5.6	5:43	0.7	5:57	0.2	6:19	6:17	
16	Sat	12:31	5.8	12:54	5.3	6:29	0.2	6:33	0.8	6:18	6:17	
17	Sun	1:03	6.0	1:54	4.8	7:19	-0.2	7:11	1.5	6:16	6:18	
18	Mon	1:39	6.2	3:02	4.4	8:14	-0.3	7:54	2.2	6:15	6:19	
19	Tue	2:20	6.2	4:25	4.1	9:15	-0.4	8:46	2.8	6:13	6:20	
20	Wed	3:11	6.0	6:03	4.0	10:27	-0.3	10:00	3.2	6:12	6:21	
21	Thu	4:14	5.8	7:32	4.2	11:46	-0.3	11:41	3.3	6:10	6:22	
22	Fri	5:31	5.5	8:33	4.5			1:01	-0.3	6:09	6:23	
23	Sat	6:49	5.5	9:19	4.8	1:11	3.1	2:04	-0.4	6:07	6:24	
24	Sun	7:59	5.5	9:57	5.0	2:17	2.6	2:55	-0.4	6:06	6:25	
25	Mon	9:00	5.5	10:29	5.1	3:11	2.1	3:38	-0.3	6:04	6:26	
26	Tue	9:52	5.4	10:59	5.3	3:57	1.6	4:14	-0.1	6:03	6:27	
27	Wed	10:40	5.2	11:25	5.3	4:38	1.2	4:47	0.2	6:01	6:28	
28	Thu	11:26	5.0	11:48	5.4	5:16	0.9	5:17	0.6	6:00	6:29	
29	Fri			12:10	4.8	5:51	0.6	5:47	1.1	5:58	6:30	
30	Sat	12:10	5.5	12:55	4.6	6:26	0.4	6:16	1.6	5:57	6:30	
31	Sun	12:32	5.5	1:41	4.3	7:01	0.2	6:45	2.1	5:55	6:31	