

Alcatraz Island, CA - Mar 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:26	5.7	11:19	4.7	3:43	2.7	4:23	-0.3	6:40	6:03	
2	Sun	10:09	5.7	11:42	4.9	4:19	2.3	4:52	-0.3	6:39	6:04	
3	Mon	10:50	5.7			4:53	2.0	5:20	-0.2	6:38	6:05	
4	Tue	12:05	5.1	11:32 AM	5.5	5:29	1.6	5:48	0.0	6:36	6:06	
5	Wed	12:29	5.3	12:16	5.3	6:07	1.2	6:17	0.4	6:35	6:07	
6	Thu	12:55	5.5	1:04	5.0	6:48	0.8	6:47	0.9	6:33	6:08	
7	Fri	1:22	5.7	1:59	4.6	7:33	0.5	7:21	1.5	6:32	6:09	
8	Sat	1:54	5.9	3:05	4.2	8:24	0.3	7:58	2.2	6:30	6:10	
9	Sun	2:31	5.9	4:30	3.8	9:25	0.1	8:44	2.8	6:29	6:11	
10	Mon	3:19	5.9	6:16	3.8	10:36	0.0	9:51	3.2	6:27	6:12	
11	Tue	4:21	5.8	7:50	4.0	11:56	-0.1	11:30	3.4	6:26	6:13	
12	Wed	5:37	5.7	8:49	4.4			1:11	-0.4	6:24	6:13	
13	Thu	6:55	5.8	9:32	4.7	1:04	3.2	2:14	-0.6	6:23	6:14	
14	Fri	8:06	5.9	10:09	5.0	2:14	2.8	3:05	-0.7	6:21	6:15	
15	Sat	9:07	6.0	10:43	5.2	3:11	2.2	3:50	-0.7	6:20	6:16	
16	Sun	10:03	5.9	11:15	5.4	4:01	1.6	4:29	-0.5	6:18	6:17	
17	Mon	10:55	5.7	11:45	5.6	4:48	1.1	5:06	-0.2	6:17	6:18	
18	Tue	11:46	5.4			5:32	0.7	5:41	0.3	6:15	6:19	
19	Wed	12:14	5.7	12:36	5.1	6:15	0.4	6:15	0.9	6:14	6:20	
20	Thu	12:42	5.8	1:27	4.7	6:58	0.2	6:49	1.5	6:12	6:21	
21	Fri	1:10	5.7	2:22	4.4	7:41	0.2	7:24	2.1	6:11	6:22	
22	Sat	1:38	5.6	3:25	4.0	8:26	0.2	8:02	2.7	6:09	6:23	
23	Sun	2:11	5.4	4:44	3.8	9:17	0.3	8:50	3.1	6:08	6:24	
24	Mon	2:51	5.2	6:25	3.8	10:18	0.5	10:03	3.4	6:06	6:25	
25	Tue	3:44	5.0	7:48	4.0	11:30	0.6	11:43	3.5	6:05	6:26	
26	Wed	4:52	4.8	8:37	4.2			12:41	0.5	6:03	6:27	
27	Thu	6:07	4.8	9:10	4.3	1:00	3.3	1:39	0.3	6:02	6:27	
28	Fri	7:14	4.8	9:36	4.5	1:56	2.9	2:25	0.2	6:00	6:28	
29	Sat	8:12	5.0	9:59	4.7	2:41	2.5	3:03	0.1	5:59	6:29	
30	Sun	9:04	5.1	10:22	4.9	3:19	2.0	3:36	0.1	5:57	6:30	
31	Mon	9:52	5.1	10:45	5.1	3:55	1.5	4:06	0.2	5:56	6:31	