

Alcatraz Island, CA - Mar 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:38	5.7	8:15	3.9			12:15	0.1	6:41	6:02	
2	Mon	5:51	5.8	9:08	4.2			1:26	-0.3	6:39	6:03	
3	Tue	7:05	6.0	9:47	4.5	1:05	3.3	2:25	-0.7	6:38	6:04	
4	Wed	8:13	6.2	10:22	4.8	2:14	2.9	3:16	-1.0	6:36	6:05	
5	Thu	9:14	6.4	10:56	5.2	3:11	2.4	4:01	-1.0	6:35	6:06	
6	Fri	10:10	6.4	11:28	5.5	4:03	1.7	4:42	-0.9	6:34	6:07	
7	Sat	11:05	6.2			4:54	1.1	5:21	-0.6	6:32	6:08	
8	Sun	12:01	5.8	11:59 AM	5.9	5:44	0.6	6:00	-0.1	6:31	6:09	
9	Mon	12:34	6.0	12:54	5.4	6:33	0.2	6:38	0.6	6:29	6:10	
10	Tue	1:08	6.1	1:52	4.9	7:24	0.0	7:17	1.3	6:28	6:11	
11	Wed	1:43	6.1	2:56	4.4	8:16	0.0	7:58	2.0	6:26	6:12	
12	Thu	2:20	5.9	4:12	4.1	9:13	0.1	8:47	2.7	6:25	6:13	
13	Fri	3:03	5.7	5:47	3.9	10:18	0.3	9:53	3.1	6:23	6:14	
14	Sat	3:55	5.4	7:23	4.0	11:32	0.4	11:24	3.4	6:22	6:15	
15	Sun	5:00	5.1	8:29	4.3			12:46	0.4	6:20	6:16	
16	Mon	6:12	5.0	9:14	4.4	12:49	3.3	1:48	0.3	6:19	6:17	
17	Tue	7:20	5.0	9:48	4.6	1:53	3.0	2:38	0.2	6:17	6:18	
18	Wed	8:18	5.1	10:16	4.7	2:43	2.6	3:18	0.1	6:16	6:19	
19	Thu	9:07	5.2	10:39	4.8	3:24	2.2	3:51	0.1	6:14	6:20	
20	Fri	9:51	5.2	11:00	4.9	4:01	1.9	4:19	0.2	6:13	6:21	
21	Sat	10:33	5.1	11:21	5.1	4:35	1.5	4:46	0.4	6:11	6:22	
22	Sun	11:14	5.0	11:43	5.3	5:08	1.1	5:11	0.7	6:10	6:23	
23	Mon	11:57	4.8			5:41	0.7	5:38	1.1	6:08	6:24	
24	Tue	12:05	5.5	12:41	4.7	6:15	0.4	6:05	1.5	6:07	6:24	
25	Wed	12:30	5.6	1:30	4.4	6:52	0.1	6:35	1.9	6:05	6:25	
26	Thu	12:58	5.7	2:26	4.2	7:34	0.0	7:08	2.4	6:03	6:26	
27	Fri	1:30	5.7	3:34	3.9	8:22	-0.1	7:47	2.8	6:02	6:27	
28	Sat	2:11	5.7	5:00	3.8	9:21	-0.2	8:40	3.2	6:00	6:28	
29	Sun	3:05	5.6	6:32	3.9	10:30	-0.2	10:03	3.4	5:59	6:29	
30	Mon	4:14	5.4	7:40	4.1	11:46	-0.3	11:48	3.3	5:57	6:30	
31	Tue	5:35	5.4	8:27	4.4			12:56	-0.4	5:56	6:31	