

Alcatraz Island, CA - Mar 1971

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:07	6.3	3:17	4.4	8:40	0.0	8:20	1.9	6:41	6:02	
2	Tue	2:51	6.2	4:41	4.1	9:46	0.1	9:14	2.6	6:40	6:03	
3	Wed	3:41	6.0	6:21	4.0	11:00	0.1	10:28	3.1	6:38	6:04	
4	Thu	4:42	5.8	7:51	4.2			12:19	0.1	6:37	6:05	
5	Fri	5:53	5.6	8:53	4.5	12:01	3.3	1:30	0.0	6:35	6:06	
6	Sat	7:05	5.5	9:38	4.7	1:22	3.1	2:29	-0.1	6:34	6:07	
7	Sun	8:08	5.5	10:15	4.8	2:25	2.8	3:15	-0.1	6:32	6:08	
8	Mon	9:01	5.5	10:46	4.9	3:15	2.4	3:53	-0.1	6:31	6:09	
9	Tue	9:47	5.5	11:13	5.0	3:57	2.1	4:26	0.0	6:30	6:10	
10	Wed	10:29	5.4	11:36	5.1	4:34	1.8	4:54	0.2	6:28	6:11	
11	Thu	11:09	5.2	11:57	5.1	5:09	1.5	5:20	0.4	6:27	6:12	
12	Fri	11:48	5.0			5:42	1.2	5:45	0.8	6:25	6:13	
13	Sat	12:17	5.3	12:28	4.8	6:15	0.9	6:11	1.2	6:24	6:14	
14	Sun	12:38	5.4	1:10	4.5	6:48	0.7	6:36	1.6	6:22	6:15	
15	Mon	1:02	5.5	1:56	4.2	7:25	0.6	7:04	2.1	6:21	6:16	
16	Tue	1:29	5.5	2:50	3.9	8:05	0.5	7:34	2.5	6:19	6:17	
17	Wed	2:01	5.5	4:01	3.7	8:54	0.5	8:09	2.9	6:18	6:18	
18	Thu	2:42	5.4	5:35	3.6	9:53	0.4	9:00	3.3	6:16	6:19	
19	Fri	3:35	5.3	7:13	3.8	11:04	0.3	10:30	3.4	6:15	6:20	
20	Sat	4:44	5.3	8:12	4.0			12:18	0.1	6:13	6:21	
21	Sun	6:00	5.3	8:51	4.3	12:12	3.3	1:22	-0.2	6:11	6:21	
22	Mon	7:13	5.5	9:24	4.6	1:26	2.9	2:15	-0.5	6:10	6:22	
23	Tue	8:19	5.7	9:55	5.0	2:23	2.3	3:01	-0.6	6:08	6:23	
24	Wed	9:20	5.8	10:27	5.4	3:15	1.6	3:43	-0.5	6:07	6:24	
25	Thu	10:19	5.8	10:59	5.8	4:04	0.8	4:24	-0.2	6:05	6:25	
26	Fri	11:16	5.7	11:32	6.1	4:53	0.2	5:03	0.3	6:04	6:26	
27	Sat			12:13	5.4	5:41	-0.4	5:44	0.8	6:02	6:27	
28	Sun	12:07	6.4	1:12	5.1	6:31	-0.7	6:25	1.4	6:01	6:28	
29	Mon	12:45	6.4	2:15	4.7	7:22	-0.9	7:10	2.0	5:59	6:29	
30	Tue	1:26	6.3	3:23	4.4	8:17	-0.7	8:00	2.6	5:58	6:30	
31	Wed	2:11	6.1	4:41	4.2	9:17	-0.5	9:04	3.0	5:56	6:31	