

Alcatraz Island, CA - Mar 1972

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:30	5.4	12:21	5.1	6:15	1.2	6:19	0.7	6:40	6:03	
2	Thu	12:54	5.4	1:03	4.8	6:52	1.0	6:47	1.2	6:39	6:04	
3	Fri	1:18	5.4	1:48	4.4	7:30	0.9	7:16	1.7	6:37	6:05	
4	Sat	1:43	5.4	2:38	4.1	8:11	0.8	7:45	2.2	6:36	6:06	
5	Sun	2:13	5.4	3:40	3.7	8:58	0.8	8:18	2.7	6:34	6:07	
6	Mon	2:49	5.3	5:07	3.5	9:54	0.9	9:01	3.1	6:33	6:08	
7	Tue	3:36	5.2	7:00	3.6	11:02	0.8	10:14	3.4	6:31	6:09	
8	Wed	4:36	5.1	8:17	3.8			12:15	0.6	6:30	6:10	
9	Thu	5:45	5.1	8:58	4.1			1:18	0.3	6:28	6:11	
10	Fri	6:53	5.3	9:28	4.3	1:13	3.2	2:10	0.0	6:27	6:12	
11	Sat	7:54	5.5	9:56	4.6	2:09	2.8	2:53	-0.2	6:25	6:13	
12	Sun	8:50	5.7	10:24	4.9	2:55	2.3	3:32	-0.4	6:24	6:14	
13	Mon	9:43	5.8	10:52	5.2	3:39	1.8	4:09	-0.4	6:22	6:15	
14	Tue	10:36	5.8	11:22	5.6	4:23	1.1	4:45	-0.2	6:21	6:16	
15	Wed	11:29	5.7	11:53	5.9	5:08	0.5	5:22	0.2	6:19	6:17	
16	Thu			12:23	5.4	5:54	0.0	6:00	0.7	6:18	6:18	
17	Fri	12:27	6.2	1:21	5.1	6:43	-0.4	6:40	1.3	6:16	6:18	
18	Sat	1:05	6.4	2:24	4.7	7:36	-0.6	7:24	1.9	6:15	6:19	
19	Sun	1:47	6.4	3:36	4.4	8:34	-0.5	8:14	2.4	6:13	6:20	
20	Mon	2:35	6.2	4:59	4.2	9:39	-0.4	9:19	2.9	6:12	6:21	
21	Tue	3:34	5.9	6:27	4.2	10:54	-0.2	10:47	3.1	6:10	6:22	
22	Wed	4:44	5.6	7:39	4.4			12:11	-0.2	6:09	6:23	
23	Thu	6:01	5.4	8:33	4.7	12:19	3.0	1:20	-0.1	6:07	6:24	
24	Fri	7:16	5.3	9:16	4.9	1:34	2.6	2:16	-0.1	6:06	6:25	
25	Sat	8:21	5.2	9:52	5.1	2:33	2.1	3:01	0.0	6:04	6:26	
26	Sun	9:17	5.2	10:23	5.2	3:22	1.6	3:40	0.2	6:03	6:27	
27	Mon	10:07	5.1	10:50	5.3	4:05	1.2	4:13	0.4	6:01	6:28	
28	Tue	10:53	4.9	11:15	5.4	4:43	0.8	4:44	0.8	6:00	6:29	
29	Wed	11:37	4.8	11:38	5.5	5:19	0.5	5:14	1.2	5:58	6:30	
30	Thu			12:20	4.6	5:52	0.3	5:42	1.6	5:57	6:30	
31	Fri	12:00	5.5	1:03	4.4	6:25	0.2	6:11	2.0	5:55	6:31	