

Alcatraz Island, CA - Mar 1973

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:47	5.5	10:36	4.7	3:01	2.6	3:40	-0.1	6:40	6:03	
2	Fri	9:33	5.6	11:00	4.9	3:40	2.3	4:12	-0.2	6:39	6:04	
3	Sat	10:18	5.7	11:26	5.1	4:17	1.9	4:43	-0.1	6:37	6:05	
4	Sun	11:02	5.6	11:52	5.4	4:54	1.5	5:14	0.0	6:36	6:06	
5	Mon	11:48	5.5			5:32	1.0	5:46	0.3	6:35	6:07	
6	Tue	12:20	5.6	12:36	5.2	6:13	0.6	6:19	0.7	6:33	6:08	
7	Wed	12:51	5.9	1:29	4.9	6:58	0.3	6:55	1.3	6:32	6:09	
8	Thu	1:25	6.0	2:29	4.5	7:47	0.1	7:35	1.8	6:30	6:10	
9	Fri	2:04	6.1	3:39	4.2	8:44	0.0	8:21	2.3	6:29	6:11	
10	Sat	2:50	6.0	5:05	3.9	9:49	0.0	9:21	2.8	6:27	6:12	
11	Sun	3:48	5.9	6:37	4.0	11:05	0.0	10:45	3.1	6:26	6:13	
12	Mon	4:58	5.8	7:52	4.3			12:22	-0.1	6:24	6:13	
13	Tue	6:15	5.7	8:46	4.6	12:18	3.0	1:31	-0.3	6:23	6:14	
14	Wed	7:28	5.7	9:29	4.9	1:35	2.6	2:27	-0.4	6:21	6:15	
15	Thu	8:33	5.7	10:06	5.2	2:37	2.1	3:14	-0.4	6:20	6:16	
16	Fri	9:31	5.7	10:40	5.4	3:29	1.6	3:56	-0.2	6:18	6:17	
17	Sat	10:24	5.6	11:12	5.6	4:17	1.1	4:33	0.0	6:17	6:18	
18	Sun	11:14	5.4	11:42	5.7	5:01	0.7	5:09	0.4	6:15	6:19	
19	Mon			12:02	5.1	5:42	0.4	5:43	0.9	6:14	6:20	
20	Tue	12:11	5.7	12:49	4.9	6:22	0.2	6:17	1.4	6:12	6:21	
21	Wed	12:39	5.7	1:38	4.6	7:01	0.1	6:51	1.8	6:11	6:22	
22	Thu	1:08	5.6	2:29	4.3	7:42	0.2	7:26	2.3	6:09	6:23	
23	Fri	1:39	5.5	3:27	4.0	8:26	0.3	8:06	2.7	6:08	6:24	
24	Sat	2:16	5.3	4:39	3.8	9:17	0.4	8:56	3.0	6:06	6:25	
25	Sun	3:00	5.1	6:05	3.7	10:17	0.6	10:10	3.2	6:05	6:26	
26	Mon	3:57	4.9	7:21	3.9	11:26	0.6	11:43	3.2	6:03	6:27	
27	Tue	5:05	4.7	8:10	4.1			12:31	0.5	6:02	6:27	
28	Wed	6:16	4.7	8:43	4.3	12:57	3.0	1:26	0.4	6:00	6:28	
29	Thu	7:22	4.8	9:11	4.5	1:51	2.6	2:11	0.3	5:58	6:29	
30	Fri	8:20	4.9	9:38	4.8	2:36	2.1	2:50	0.3	5:57	6:30	
31	Sat	9:14	5.0	10:04	5.1	3:16	1.6	3:26	0.3	5:55	6:31	