

Alcatraz Island, CA - Mar 1974

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:05	5.7	7:49	3.8			12:19	0.3	7:41	7:02	
2	Sat	6:13	5.8	9:04	4.1			1:34	0.0	7:39	7:03	
3	Sun	7:25	5.9	9:57	4.5	1:18	3.0	2:40	-0.3	7:38	7:04	
4	Mon	8:36	6.0	10:40	4.8	2:34	2.7	3:35	-0.6	7:36	7:05	
5	Tue	9:40	6.1	11:18	5.2	3:36	2.2	4:23	-0.7	7:35	7:06	
6	Wed	10:38	6.2	11:54	5.5	4:31	1.6	5:07	-0.6	7:34	7:07	
7	Thu	11:34	6.1			5:22	1.1	5:49	-0.4	7:32	7:08	
8	Fri	12:30	5.8	12:27	5.9	6:11	0.6	6:28	0.0	7:31	7:09	
9	Sat	1:05	6.0	1:20	5.6	6:59	0.3	7:08	0.4	7:29	7:10	
10	Sun	1:40	6.1	2:13	5.2	7:47	0.1	7:47	1.0	7:28	7:11	
11	Mon	2:16	6.1	3:09	4.8	8:36	0.0	8:28	1.6	7:26	7:12	
12	Tue	2:53	5.9	4:10	4.4	9:27	0.1	9:13	2.2	7:25	7:13	
13	Wed	3:33	5.7	5:22	4.0	10:23	0.3	10:06	2.6	7:23	7:14	
14	Thu	4:19	5.4	6:48	3.9	11:26	0.5	11:17	3.0	7:22	7:15	
15	Fri	5:14	5.2	8:14	4.0			12:37	0.6	7:20	7:16	
16	Sat	6:19	5.0	9:15	4.2	12:43	3.1	1:45	0.6	7:19	7:17	
17	Sun	7:28	4.9	9:58	4.3	1:58	2.9	2:42	0.5	7:17	7:18	
18	Mon	8:32	4.9	10:31	4.5	2:57	2.6	3:29	0.4	7:16	7:19	
19	Tue	9:26	5.0	10:58	4.7	3:44	2.3	4:08	0.3	7:14	7:20	
20	Wed	10:15	5.1	11:22	4.9	4:24	1.9	4:41	0.4	7:13	7:21	
21	Thu	11:00	5.1	11:46	5.1	5:01	1.5	5:12	0.5	7:11	7:22	
22	Fri	11:43	5.1			5:35	1.1	5:41	0.6	7:10	7:23	
23	Sat	12:11	5.3	12:26	5.0	6:08	0.8	6:10	0.9	7:08	7:24	
24	Sun	12:37	5.5	1:11	4.9	6:42	0.4	6:41	1.2	7:06	7:24	
25	Mon	1:05	5.7	1:58	4.7	7:19	0.1	7:14	1.6	7:05	7:25	
26	Tue	1:35	5.8	2:49	4.5	8:00	-0.1	7:50	1.9	7:03	7:26	
27	Wed	2:10	5.9	3:47	4.3	8:46	-0.2	8:31	2.3	7:02	7:27	
28	Thu	2:51	5.8	4:54	4.1	9:39	-0.3	9:22	2.7	7:00	7:28	
29	Fri	3:40	5.7	6:12	4.0	10:41	-0.2	10:29	2.9	6:59	7:29	
30	Sat	4:41	5.5	7:28	4.1	11:51	-0.2	11:57	2.9	6:57	7:30	
31	Sun	5:54	5.4	8:30	4.4			1:03	-0.2	6:56	7:31	