

## Alcatraz Island, CA - Mar 1975

| Date |     | High  |     |          |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|----------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM       | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Sat | 2:45  | 6.3 | 3:30     | 4.9 | 9:01  | 0.1  | 8:56  | 1.3  | 7:41                                                                                | 7:02 |    |
| 2    | Sun | 3:29  | 6.2 | 4:39     | 4.4 | 10:01 | 0.1  | 9:47  | 1.9  | 7:40                                                                                | 7:03 |    |
| 3    | Mon | 4:17  | 6.0 | 6:00     | 4.1 | 11:07 | 0.3  | 10:50 | 2.5  | 7:38                                                                                | 7:04 |    |
| 4    | Tue | 5:13  | 5.7 | 7:30     | 4.1 |       |      | 12:21 | 0.3  | 7:37                                                                                | 7:05 |    |
| 5    | Wed | 6:16  | 5.5 | 8:50     | 4.3 | 12:10 | 2.8  | 1:34  | 0.3  | 7:35                                                                                | 7:06 |    |
| 6    | Thu | 7:25  | 5.4 | 9:48     | 4.5 | 1:33  | 2.8  | 2:38  | 0.3  | 7:34                                                                                | 7:07 |    |
| 7    | Fri | 8:30  | 5.3 | 10:33    | 4.7 | 2:42  | 2.7  | 3:31  | 0.2  | 7:32                                                                                | 7:08 |    |
| 8    | Sat | 9:26  | 5.3 | 11:08    | 4.8 | 3:37  | 2.4  | 4:14  | 0.1  | 7:31                                                                                | 7:09 |    |
| 9    | Sun | 10:16 | 5.4 | 11:38    | 4.9 | 4:23  | 2.1  | 4:51  | 0.2  | 7:29                                                                                | 7:10 |    |
| 10   | Mon | 10:59 | 5.3 |          |     | 5:03  | 1.8  | 5:23  | 0.3  | 7:28                                                                                | 7:11 |    |
| 11   | Tue | 12:04 | 5.0 | 11:40 AM | 5.3 | 5:39  | 1.5  | 5:52  | 0.4  | 7:27                                                                                | 7:12 |    |
| 12   | Wed | 12:28 | 5.1 | 12:19    | 5.1 | 6:12  | 1.3  | 6:20  | 0.6  | 7:25                                                                                | 7:13 |   |
| 13   | Thu | 12:51 | 5.2 | 12:58    | 5.0 | 6:44  | 1.0  | 6:47  | 0.9  | 7:24                                                                                | 7:14 |  |
| 14   | Fri | 1:15  | 5.4 | 1:38     | 4.8 | 7:16  | 0.8  | 7:16  | 1.2  | 7:22                                                                                | 7:15 |  |
| 15   | Sat | 1:41  | 5.4 | 2:20     | 4.6 | 7:50  | 0.6  | 7:45  | 1.6  | 7:21                                                                                | 7:16 |  |
| 16   | Sun | 2:09  | 5.5 | 3:07     | 4.3 | 8:28  | 0.5  | 8:18  | 1.9  | 7:19                                                                                | 7:17 |  |
| 17   | Mon | 2:41  | 5.5 | 4:02     | 4.1 | 9:12  | 0.5  | 8:55  | 2.3  | 7:17                                                                                | 7:18 |  |
| 18   | Tue | 3:19  | 5.5 | 5:10     | 3.8 | 10:03 | 0.4  | 9:42  | 2.7  | 7:16                                                                                | 7:19 |  |
| 19   | Wed | 4:06  | 5.4 | 6:32     | 3.8 | 11:05 | 0.4  | 10:48 | 2.9  | 7:14                                                                                | 7:20 |  |
| 20   | Thu | 5:05  | 5.3 | 7:51     | 3.9 |       |      | 12:15 | 0.3  | 7:13                                                                                | 7:21 |  |
| 21   | Fri | 6:16  | 5.3 | 8:52     | 4.2 | 12:13 | 3.0  | 1:25  | 0.1  | 7:11                                                                                | 7:21 |  |
| 22   | Sat | 7:30  | 5.4 | 9:38     | 4.6 | 1:36  | 2.7  | 2:27  | -0.1 | 7:10                                                                                | 7:22 |  |
| 23   | Sun | 8:40  | 5.5 | 10:18    | 5.0 | 2:43  | 2.2  | 3:20  | -0.3 | 7:08                                                                                | 7:23 |  |
| 24   | Mon | 9:45  | 5.7 | 10:55    | 5.4 | 3:39  | 1.6  | 4:08  | -0.3 | 7:07                                                                                | 7:24 |  |
| 25   | Tue | 10:45 | 5.8 | 11:32    | 5.7 | 4:31  | 0.9  | 4:52  | -0.2 | 7:05                                                                                | 7:25 |  |
| 26   | Wed | 11:42 | 5.7 |          |     | 5:21  | 0.3  | 5:35  | 0.1  | 7:04                                                                                | 7:26 |  |
| 27   | Thu | 12:08 | 6.1 | 12:38    | 5.6 | 6:10  | -0.2 | 6:17  | 0.5  | 7:02                                                                                | 7:27 |  |
| 28   | Fri | 12:46 | 6.3 | 1:33     | 5.4 | 6:58  | -0.6 | 7:00  | 1.0  | 7:01                                                                                | 7:28 |  |
| 29   | Sat | 1:25  | 6.4 | 2:30     | 5.1 | 7:48  | -0.7 | 7:45  | 1.5  | 6:59                                                                                | 7:29 |  |
| 30   | Sun | 2:06  | 6.3 | 3:30     | 4.8 | 8:39  | -0.7 | 8:33  | 2.0  | 6:58                                                                                | 7:30 |  |
| 31   | Mon | 2:49  | 6.1 | 4:34     | 4.5 | 9:33  | -0.5 | 9:28  | 2.4  | 6:56                                                                                | 7:31 |  |