

Alcatraz Island, CA - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:06	5.3	11:51 AM	5.3	5:44	1.3	5:55	0.5	6:40	6:03	
2	Tue	12:31	5.3	12:30	5.1	6:19	1.2	6:25	0.8	6:38	6:04	
3	Wed	12:57	5.3	1:10	4.8	6:55	1.1	6:55	1.2	6:37	6:05	
4	Thu	1:23	5.4	1:53	4.5	7:32	1.0	7:26	1.6	6:36	6:06	
5	Fri	1:52	5.4	2:41	4.1	8:12	1.0	8:00	2.0	6:34	6:07	
6	Sat	2:26	5.3	3:40	3.9	9:00	1.0	8:39	2.4	6:33	6:08	
7	Sun	3:07	5.2	4:56	3.7	9:56	1.0	9:31	2.7	6:31	6:09	
8	Mon	3:56	5.2	6:26	3.7	11:03	0.9	10:45	3.0	6:30	6:10	
9	Tue	4:57	5.1	7:41	3.9			12:13	0.7	6:28	6:11	
10	Wed	6:04	5.2	8:32	4.2	12:08	3.0	1:14	0.4	6:27	6:12	
11	Thu	7:09	5.4	9:12	4.5	1:17	2.7	2:06	0.1	6:25	6:13	
12	Fri	8:10	5.6	9:48	4.8	2:13	2.3	2:52	-0.2	6:24	6:14	
13	Sat	9:07	5.8	10:22	5.2	3:02	1.8	3:35	-0.3	6:22	6:15	
14	Sun	10:01	5.9	10:57	5.5	3:49	1.2	4:16	-0.3	6:21	6:16	
15	Mon	10:54	5.9	11:33	5.9	4:36	0.7	4:56	-0.1	6:19	6:17	
16	Tue	11:48	5.8			5:23	0.2	5:37	0.2	6:18	6:18	
17	Wed	12:10	6.1	12:43	5.6	6:12	-0.2	6:20	0.7	6:16	6:18	
18	Thu	12:49	6.3	1:41	5.2	7:03	-0.4	7:05	1.2	6:15	6:19	
19	Fri	1:32	6.3	2:43	4.8	7:58	-0.5	7:54	1.7	6:13	6:20	
20	Sat	2:19	6.2	3:52	4.5	8:57	-0.3	8:52	2.2	6:12	6:21	
21	Sun	3:12	5.9	5:11	4.3	10:04	-0.2	10:04	2.5	6:10	6:22	
22	Mon	4:14	5.6	6:32	4.4	11:17	0.0	11:31	2.6	6:09	6:23	
23	Tue	5:24	5.3	7:41	4.6			12:29	0.1	6:07	6:24	
24	Wed	6:37	5.2	8:35	4.8	12:51	2.5	1:32	0.1	6:06	6:25	
25	Thu	7:45	5.1	9:19	5.0	1:57	2.1	2:24	0.2	6:04	6:26	
26	Fri	8:44	5.1	9:55	5.1	2:50	1.8	3:08	0.3	6:03	6:27	
27	Sat	9:36	5.1	10:26	5.2	3:35	1.4	3:46	0.4	6:01	6:28	
28	Sun	10:22	5.0	10:53	5.3	4:15	1.1	4:20	0.6	6:00	6:29	
29	Mon	11:05	4.9	11:18	5.3	4:51	0.8	4:51	0.9	5:58	6:30	
30	Tue	11:46	4.8	11:43	5.4	5:24	0.6	5:22	1.2	5:57	6:30	
31	Wed			12:26	4.7	5:56	0.4	5:52	1.5	5:55	6:31	