

Alcatraz Island, CA - Mar 1977

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:05	5.4	10:00	4.6	2:17	2.6	3:02	0.2	6:40	6:03	
2	Wed	8:55	5.6	10:31	4.8	3:01	2.3	3:39	0.0	6:39	6:04	
3	Thu	9:42	5.8	11:01	5.1	3:42	2.0	4:14	-0.2	6:37	6:05	
4	Fri	10:28	5.8	11:32	5.3	4:21	1.6	4:48	-0.2	6:36	6:06	
5	Sat	11:14	5.8			5:01	1.2	5:23	-0.1	6:35	6:07	
6	Sun	12:04	5.6	12:02	5.7	5:43	0.8	6:00	0.2	6:33	6:08	
7	Mon	12:38	5.8	12:52	5.4	6:28	0.5	6:39	0.5	6:32	6:09	
8	Tue	1:14	5.9	1:47	5.1	7:17	0.2	7:20	1.0	6:30	6:10	
9	Wed	1:54	6.0	2:48	4.7	8:10	0.1	8:06	1.5	6:29	6:11	
10	Thu	2:39	6.0	3:59	4.4	9:11	0.1	9:01	2.0	6:27	6:12	
11	Fri	3:32	5.9	5:22	4.2	10:20	0.1	10:11	2.4	6:26	6:13	
12	Sat	4:35	5.7	6:47	4.2	11:35	0.1	11:36	2.6	6:24	6:14	
13	Sun	5:45	5.6	7:58	4.5			12:48	0.0	6:23	6:14	
14	Mon	6:57	5.6	8:53	4.8	12:58	2.5	1:51	-0.1	6:21	6:15	
15	Tue	8:03	5.6	9:39	5.1	2:05	2.2	2:44	-0.2	6:20	6:16	
16	Wed	9:02	5.7	10:18	5.3	3:01	1.8	3:30	-0.2	6:18	6:17	
17	Thu	9:55	5.6	10:53	5.4	3:50	1.4	4:11	0.0	6:17	6:18	
18	Fri	10:44	5.5	11:25	5.5	4:34	1.0	4:48	0.2	6:15	6:19	
19	Sat	11:29	5.3	11:55	5.5	5:15	0.8	5:23	0.5	6:14	6:20	
20	Sun			12:13	5.1	5:53	0.6	5:57	0.8	6:12	6:21	
21	Mon	12:24	5.5	12:56	4.9	6:30	0.5	6:31	1.2	6:11	6:22	
22	Tue	12:52	5.5	1:41	4.6	7:07	0.5	7:05	1.6	6:09	6:23	
23	Wed	1:21	5.4	2:28	4.3	7:46	0.5	7:41	2.0	6:08	6:24	
24	Thu	1:54	5.3	3:21	4.1	8:29	0.6	8:23	2.4	6:06	6:25	
25	Fri	2:31	5.1	4:26	3.9	9:19	0.7	9:14	2.7	6:05	6:26	
26	Sat	3:17	5.0	5:42	3.8	10:17	0.7	10:25	2.9	6:03	6:27	
27	Sun	4:13	4.8	6:56	3.9	11:23	0.7	11:48	2.9	6:01	6:27	
28	Mon	5:19	4.7	7:51	4.1			12:28	0.6	6:00	6:28	
29	Tue	6:28	4.7	8:33	4.4	12:57	2.7	1:23	0.5	5:58	6:29	
30	Wed	7:32	4.9	9:07	4.7	1:51	2.3	2:11	0.3	5:57	6:30	
31	Thu	8:30	5.1	9:40	5.0	2:37	1.8	2:52	0.2	5:55	6:31	