

Alcatraz Island, CA - Mar 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:50	5.7	5:27	3.9	10:33	0.6	10:14	2.4	6:41	6:03	
2	Thu	4:49	5.7	6:57	4.0	11:47	0.3	11:34	2.6	6:39	6:04	
3	Fri	5:57	5.8	8:11	4.3			12:59	0.0	6:38	6:05	
4	Sat	7:05	5.9	9:07	4.7	12:55	2.6	2:01	-0.3	6:36	6:06	
5	Sun	8:10	6.0	9:53	5.0	2:03	2.3	2:55	-0.5	6:35	6:06	
6	Mon	9:09	6.2	10:34	5.3	3:02	1.9	3:43	-0.6	6:33	6:07	
7	Tue	10:04	6.2	11:13	5.6	3:54	1.5	4:27	-0.6	6:32	6:08	
8	Wed	10:56	6.1	11:50	5.7	4:43	1.1	5:09	-0.4	6:31	6:09	
9	Thu	11:46	5.9			5:30	0.8	5:49	-0.1	6:29	6:10	
10	Fri	12:26	5.8	12:35	5.6	6:16	0.6	6:28	0.4	6:28	6:11	
11	Sat	1:01	5.8	1:25	5.2	7:02	0.5	7:08	0.9	6:26	6:12	
12	Sun	1:37	5.7	2:17	4.7	7:49	0.5	7:49	1.4	6:25	6:13	
13	Mon	2:13	5.6	3:15	4.4	8:38	0.6	8:34	1.9	6:23	6:14	
14	Tue	2:52	5.4	4:23	4.0	9:33	0.7	9:27	2.4	6:22	6:15	
15	Wed	3:37	5.1	5:44	3.9	10:36	0.8	10:36	2.7	6:20	6:16	
16	Thu	4:30	5.0	7:07	4.0	11:45	0.8	11:55	2.8	6:19	6:17	
17	Fri	5:33	4.8	8:10	4.1			12:50	0.8	6:17	6:18	
18	Sat	6:38	4.8	8:55	4.4	1:05	2.7	1:46	0.6	6:16	6:19	
19	Sun	7:38	4.9	9:30	4.6	2:01	2.5	2:32	0.5	6:14	6:20	
20	Mon	8:31	5.1	10:00	4.7	2:47	2.2	3:11	0.3	6:13	6:21	
21	Tue	9:19	5.2	10:28	4.9	3:27	1.8	3:45	0.3	6:11	6:22	
22	Wed	10:04	5.3	10:56	5.1	4:03	1.5	4:18	0.3	6:09	6:23	
23	Thu	10:47	5.3	11:25	5.4	4:38	1.1	4:50	0.4	6:08	6:24	
24	Fri	11:31	5.3	11:55	5.5	5:13	0.8	5:23	0.6	6:06	6:25	
25	Sat			12:17	5.2	5:51	0.4	5:57	0.8	6:05	6:25	
26	Sun	12:27	5.7	1:05	5.0	6:31	0.1	6:34	1.2	6:03	6:26	
27	Mon	1:02	5.8	1:58	4.8	7:16	-0.1	7:15	1.6	6:02	6:27	
28	Tue	1:40	5.8	2:58	4.5	8:06	-0.2	8:02	2.0	6:00	6:28	
29	Wed	2:25	5.8	4:08	4.3	9:03	-0.2	8:59	2.4	5:59	6:29	
30	Thu	3:19	5.6	5:26	4.2	10:09	-0.1	10:13	2.6	5:57	6:30	
31	Fri	4:24	5.4	6:42	4.4	11:21	-0.1	11:41	2.6	5:56	6:31	