

Alcatraz Island, CA - Mar 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:32	6.0	1:47	5.4	7:27	0.6	7:38	0.5	6:41	6:02	
2	Fri	2:13	6.0	2:47	4.9	8:23	0.6	8:24	1.1	6:40	6:03	
3	Sat	2:57	5.8	3:55	4.4	9:24	0.6	9:17	1.8	6:38	6:04	
4	Sun	3:45	5.7	5:17	4.1	10:32	0.7	10:21	2.3	6:37	6:05	
5	Mon	4:39	5.4	6:46	4.1	11:44	0.7	11:38	2.6	6:35	6:06	
6	Tue	5:40	5.3	8:03	4.3			12:54	0.6	6:34	6:07	
7	Wed	6:44	5.2	9:00	4.5	12:53	2.7	1:54	0.4	6:32	6:08	
8	Thu	7:43	5.2	9:43	4.7	1:56	2.6	2:43	0.3	6:31	6:09	
9	Fri	8:35	5.3	10:19	4.8	2:47	2.4	3:25	0.2	6:29	6:10	
10	Sat	9:21	5.4	10:49	4.9	3:30	2.1	4:00	0.2	6:28	6:11	
11	Sun	10:03	5.4	11:16	5.0	4:09	1.9	4:32	0.2	6:26	6:12	
12	Mon	10:42	5.4	11:41	5.1	4:43	1.6	5:02	0.3	6:25	6:13	
13	Tue	11:20	5.3			5:16	1.4	5:30	0.4	6:23	6:14	
14	Wed	12:07	5.2	11:59 AM	5.2	5:49	1.2	5:59	0.6	6:22	6:15	
15	Thu	12:34	5.3	12:39	5.0	6:22	1.0	6:28	0.9	6:20	6:16	
16	Fri	1:02	5.4	1:22	4.8	6:59	0.8	7:00	1.2	6:19	6:17	
17	Sat	1:32	5.4	2:10	4.5	7:40	0.7	7:36	1.6	6:17	6:18	
18	Sun	2:06	5.4	3:07	4.2	8:27	0.5	8:17	2.0	6:16	6:19	
19	Mon	2:47	5.4	4:19	4.0	9:22	0.5	9:10	2.4	6:14	6:20	
20	Tue	3:37	5.4	5:43	3.9	10:27	0.4	10:20	2.7	6:13	6:21	
21	Wed	4:39	5.3	7:04	4.1	11:39	0.2	11:45	2.8	6:11	6:22	
22	Thu	5:50	5.4	8:07	4.4			12:49	0.0	6:10	6:22	
23	Fri	7:02	5.5	8:57	4.8	1:03	2.5	1:50	-0.3	6:08	6:23	
24	Sat	8:09	5.7	9:40	5.1	2:07	2.1	2:43	-0.5	6:07	6:24	
25	Sun	9:10	5.9	10:19	5.5	3:02	1.5	3:31	-0.5	6:05	6:25	
26	Mon	10:07	5.9	10:58	5.7	3:53	1.0	4:17	-0.4	6:04	6:26	
27	Tue	11:02	5.9	11:35	5.9	4:42	0.5	5:00	-0.1	6:02	6:27	
28	Wed	11:56	5.7			5:30	0.1	5:43	0.2	6:01	6:28	
29	Thu	12:13	6.1	12:49	5.4	6:18	-0.2	6:26	0.7	5:59	6:29	
30	Fri	12:51	6.0	1:44	5.1	7:06	-0.2	7:10	1.2	5:58	6:30	
31	Sat	1:30	5.9	2:42	4.7	7:56	-0.2	7:57	1.8	5:56	6:31	