

Alcatraz Island, CA - Mar 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:14	5.6			5:16	1.8	5:39	0.1	6:40	6:03	
2	Sun	12:24	5.1	11:51 AM	5.4	5:51	1.6	6:08	0.3	6:38	6:04	
3	Mon	12:49	5.1	12:29	5.2	6:25	1.5	6:36	0.6	6:37	6:05	
4	Tue	1:15	5.1	1:07	4.9	7:00	1.4	7:05	0.9	6:36	6:06	
5	Wed	1:41	5.2	1:49	4.6	7:37	1.3	7:36	1.3	6:34	6:07	
6	Thu	2:11	5.2	2:37	4.2	8:19	1.2	8:10	1.7	6:33	6:08	
7	Fri	2:45	5.2	3:37	3.9	9:08	1.1	8:50	2.2	6:31	6:09	
8	Sat	3:26	5.2	4:56	3.7	10:07	1.0	9:43	2.6	6:30	6:10	
9	Sun	4:16	5.1	6:29	3.7	11:15	0.8	10:57	2.9	6:28	6:11	
10	Mon	5:16	5.2	7:49	4.0			12:24	0.5	6:27	6:12	
11	Tue	6:22	5.3	8:45	4.3	12:19	2.9	1:26	0.1	6:25	6:13	
12	Wed	7:27	5.6	9:29	4.6	1:29	2.7	2:20	-0.2	6:24	6:14	
13	Thu	8:27	5.9	10:08	5.0	2:25	2.4	3:09	-0.6	6:22	6:15	
14	Fri	9:23	6.1	10:45	5.3	3:16	1.9	3:54	-0.7	6:21	6:16	
15	Sat	10:18	6.2	11:22	5.6	4:05	1.4	4:38	-0.7	6:19	6:17	
16	Sun	11:11	6.2	11:59	5.8	4:53	0.8	5:20	-0.5	6:18	6:18	
17	Mon			12:05	6.0	5:42	0.4	6:03	-0.1	6:16	6:18	
18	Tue	12:37	6.0	1:01	5.7	6:33	0.1	6:47	0.4	6:15	6:19	
19	Wed	1:17	6.1	1:59	5.2	7:26	-0.1	7:32	1.0	6:13	6:20	
20	Thu	1:59	6.1	3:04	4.8	8:22	-0.1	8:23	1.6	6:12	6:21	
21	Fri	2:46	5.9	4:17	4.5	9:24	0.0	9:23	2.1	6:10	6:22	
22	Sat	3:38	5.7	5:40	4.3	10:33	0.1	10:37	2.5	6:09	6:23	
23	Sun	4:39	5.4	7:03	4.4	11:46	0.2			6:07	6:24	
24	Mon	5:47	5.2	8:09	4.6	12:00	2.7	12:56	0.2	6:06	6:25	
25	Tue	6:56	5.1	9:01	4.8	1:15	2.5	1:56	0.2	6:04	6:26	
26	Wed	7:59	5.1	9:42	4.9	2:15	2.3	2:45	0.1	6:03	6:27	
27	Thu	8:54	5.1	10:16	5.0	3:04	1.9	3:26	0.2	6:01	6:28	
28	Fri	9:41	5.1	10:45	5.1	3:46	1.6	4:02	0.3	6:00	6:29	
29	Sat	10:24	5.1	11:11	5.1	4:24	1.3	4:34	0.4	5:58	6:30	
30	Sun	11:04	5.0	11:36	5.2	4:58	1.1	5:04	0.6	5:56	6:30	
31	Mon	11:43	4.9			5:30	0.9	5:33	0.9	5:55	6:31	