

Alcatraz Island, CA - Mar 1981

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:16	5.4	9:39	4.3	1:26	3.0	2:25	0.2	6:40	6:03	
2	Mon	8:10	5.6	10:15	4.6	2:20	2.9	3:08	-0.2	6:39	6:04	
3	Tue	9:01	5.9	10:48	4.8	3:05	2.6	3:48	-0.5	6:37	6:05	
4	Wed	9:49	6.1	11:20	5.1	3:47	2.2	4:27	-0.7	6:36	6:06	
5	Thu	10:37	6.2	11:53	5.3	4:29	1.8	5:05	-0.7	6:35	6:07	
6	Fri	11:26	6.1			5:12	1.4	5:44	-0.6	6:33	6:08	
7	Sat	12:27	5.5	12:16	5.9	5:58	1.0	6:23	-0.2	6:32	6:09	
8	Sun	1:02	5.7	1:09	5.6	6:46	0.6	7:03	0.2	6:30	6:10	
9	Mon	1:39	5.9	2:07	5.2	7:39	0.4	7:47	0.8	6:29	6:11	
10	Tue	2:20	6.0	3:13	4.7	8:37	0.3	8:35	1.5	6:27	6:12	
11	Wed	3:06	5.9	4:32	4.3	9:42	0.2	9:33	2.1	6:26	6:13	
12	Thu	4:00	5.8	6:02	4.2	10:56	0.2	10:47	2.6	6:24	6:14	
13	Fri	5:03	5.7	7:28	4.3			12:13	0.1	6:23	6:14	
14	Sat	6:12	5.6	8:35	4.6	12:12	2.7	1:23	-0.1	6:21	6:15	
15	Sun	7:21	5.6	9:27	4.9	1:29	2.6	2:23	-0.2	6:20	6:16	
16	Mon	8:23	5.6	10:09	5.1	2:31	2.3	3:13	-0.3	6:18	6:17	
17	Tue	9:18	5.6	10:46	5.2	3:23	2.0	3:55	-0.3	6:17	6:18	
18	Wed	10:07	5.6	11:19	5.3	4:08	1.7	4:33	-0.1	6:15	6:19	
19	Thu	10:51	5.5	11:49	5.3	4:49	1.4	5:07	0.1	6:14	6:20	
20	Fri	11:33	5.3			5:27	1.2	5:39	0.4	6:12	6:21	
21	Sat	12:15	5.3	12:14	5.1	6:02	1.0	6:09	0.7	6:11	6:22	
22	Sun	12:41	5.3	12:55	4.8	6:38	0.8	6:40	1.1	6:09	6:23	
23	Mon	1:06	5.3	1:38	4.5	7:14	0.7	7:11	1.5	6:08	6:24	
24	Tue	1:33	5.2	2:24	4.3	7:52	0.7	7:44	2.0	6:06	6:25	
25	Wed	2:03	5.2	3:20	4.0	8:35	0.7	8:21	2.4	6:04	6:26	
26	Thu	2:39	5.1	4:29	3.8	9:25	0.7	9:10	2.8	6:03	6:27	
27	Fri	3:23	4.9	5:55	3.8	10:25	0.7	10:21	3.1	6:01	6:28	
28	Sat	4:20	4.8	7:15	3.9	11:33	0.6	11:50	3.1	6:00	6:28	
29	Sun	5:27	4.8	8:12	4.2			12:38	0.4	5:58	6:29	
30	Mon	6:36	4.9	8:53	4.4	1:03	2.9	1:35	0.1	5:57	6:30	
31	Tue	7:40	5.1	9:28	4.7	1:58	2.6	2:24	-0.1	5:55	6:31	