

Alcatraz Island, CA - Mar 1982

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:21	5.7	4:36	4.0	9:53	0.7	9:36	2.1	6:41	6:03	
2	Tue	4:11	5.8	6:14	3.9	11:07	0.4	10:45	2.6	6:39	6:04	
3	Wed	5:12	5.8	7:45	4.1			12:24	0.1	6:38	6:05	
4	Thu	6:19	5.9	8:53	4.5	12:07	2.9	1:34	-0.2	6:36	6:06	
5	Fri	7:27	6.0	9:44	4.8	1:26	2.8	2:34	-0.5	6:35	6:07	
6	Sat	8:30	6.1	10:28	5.1	2:31	2.6	3:25	-0.7	6:33	6:08	
7	Sun	9:27	6.2	11:07	5.3	3:27	2.2	4:11	-0.8	6:32	6:08	
8	Mon	10:19	6.2	11:43	5.4	4:17	1.8	4:52	-0.7	6:30	6:09	
9	Tue	11:09	6.0			5:03	1.5	5:31	-0.5	6:29	6:10	
10	Wed	12:17	5.5	11:56 AM	5.7	5:48	1.2	6:08	-0.1	6:28	6:11	
11	Thu	12:49	5.5	12:42	5.4	6:31	1.0	6:43	0.4	6:26	6:12	
12	Fri	1:20	5.5	1:30	5.0	7:15	0.8	7:19	0.9	6:25	6:13	
13	Sat	1:50	5.4	2:20	4.5	7:59	0.8	7:55	1.5	6:23	6:14	
14	Sun	2:21	5.3	3:18	4.1	8:47	0.8	8:35	2.1	6:22	6:15	
15	Mon	2:56	5.2	4:30	3.8	9:40	0.8	9:23	2.6	6:20	6:16	
16	Tue	3:37	5.0	6:04	3.7	10:43	0.9	10:33	3.0	6:19	6:17	
17	Wed	4:29	4.9	7:36	3.9	11:52	0.8			6:17	6:18	
18	Thu	5:31	4.8	8:37	4.1	12:00	3.2	12:57	0.6	6:16	6:19	
19	Fri	6:38	4.9	9:17	4.3	1:13	3.1	1:53	0.4	6:14	6:20	
20	Sat	7:38	5.0	9:49	4.5	2:09	2.9	2:39	0.2	6:12	6:21	
21	Sun	8:32	5.2	10:17	4.7	2:53	2.5	3:19	0.0	6:11	6:22	
22	Mon	9:20	5.4	10:45	4.9	3:31	2.2	3:55	-0.2	6:09	6:23	
23	Tue	10:07	5.5	11:12	5.1	4:07	1.8	4:29	-0.2	6:08	6:24	
24	Wed	10:52	5.6	11:41	5.3	4:43	1.3	5:03	-0.1	6:06	6:25	
25	Thu	11:39	5.5			5:21	0.9	5:37	0.2	6:05	6:25	
26	Fri	12:11	5.6	12:28	5.3	6:02	0.4	6:13	0.6	6:03	6:26	
27	Sat	12:43	5.7	1:21	5.1	6:47	0.1	6:52	1.1	6:02	6:27	
28	Sun	1:18	5.9	2:20	4.7	7:36	-0.1	7:34	1.6	6:00	6:28	
29	Mon	1:57	5.9	3:28	4.4	8:30	-0.3	8:23	2.2	5:59	6:29	
30	Tue	2:43	5.8	4:49	4.2	9:33	-0.3	9:25	2.7	5:57	6:30	
31	Wed	3:39	5.7	6:16	4.2	10:44	-0.2	10:48	2.9	5:56	6:31	