

Alcatraz Island, CA - Mar 1983

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:15	5.7	1:05	5.7	6:54	1.0	7:11	0.0	6:41	6:02	
2	Wed	1:52	5.8	2:00	5.1	7:46	0.8	7:51	0.7	6:39	6:03	
3	Thu	2:29	5.7	3:01	4.6	8:42	0.7	8:34	1.5	6:38	6:04	
4	Fri	3:08	5.6	4:14	4.1	9:42	0.7	9:24	2.2	6:37	6:05	
5	Sat	3:51	5.5	5:47	3.9	10:49	0.7	10:27	2.7	6:35	6:06	
6	Sun	4:42	5.3	7:27	4.0			12:00	0.6	6:34	6:07	
7	Mon	5:40	5.2	8:40	4.2			1:08	0.5	6:32	6:08	
8	Tue	6:44	5.1	9:30	4.4	1:07	3.1	2:06	0.3	6:31	6:09	
9	Wed	7:43	5.2	10:07	4.6	2:09	3.0	2:54	0.1	6:29	6:10	
10	Thu	8:35	5.3	10:38	4.7	2:58	2.8	3:34	0.0	6:28	6:11	
11	Fri	9:21	5.4	11:04	4.8	3:38	2.5	4:09	-0.1	6:26	6:12	
12	Sat	10:03	5.5	11:29	4.8	4:14	2.2	4:40	-0.1	6:25	6:13	
13	Sun	10:43	5.5	11:53	5.0	4:47	1.9	5:10	0.0	6:23	6:14	
14	Mon	11:23	5.4			5:20	1.6	5:38	0.1	6:22	6:15	
15	Tue	12:17	5.1	12:03	5.2	5:53	1.3	6:07	0.4	6:20	6:16	
16	Wed	12:42	5.3	12:46	5.0	6:29	1.0	6:37	0.7	6:19	6:17	
17	Thu	1:09	5.4	1:33	4.7	7:08	0.7	7:09	1.2	6:17	6:18	
18	Fri	1:39	5.5	2:28	4.4	7:52	0.5	7:45	1.7	6:16	6:19	
19	Sat	2:13	5.6	3:36	4.1	8:44	0.4	8:28	2.3	6:14	6:20	
20	Sun	2:54	5.6	5:02	3.9	9:45	0.2	9:24	2.8	6:13	6:21	
21	Mon	3:46	5.5	6:38	4.0	10:57	0.1	10:43	3.1	6:11	6:22	
22	Tue	4:52	5.5	7:56	4.2			12:13	-0.1	6:10	6:22	
23	Wed	6:08	5.6	8:51	4.6	12:15	3.1	1:23	-0.4	6:08	6:23	
24	Thu	7:21	5.7	9:34	4.9	1:32	2.8	2:22	-0.6	6:07	6:24	
25	Fri	8:28	5.8	10:12	5.2	2:33	2.3	3:13	-0.7	6:05	6:25	
26	Sat	9:28	5.9	10:48	5.4	3:27	1.7	3:58	-0.7	6:04	6:26	
27	Sun	10:24	5.9	11:23	5.6	4:16	1.1	4:40	-0.5	6:02	6:27	
28	Mon	11:18	5.7	11:57	5.8	5:04	0.6	5:20	-0.1	6:01	6:28	
29	Tue			12:10	5.5	5:50	0.3	5:59	0.4	5:59	6:29	
30	Wed	12:30	5.9	1:03	5.1	6:36	0.0	6:38	1.0	5:58	6:30	
31	Thu	1:03	5.8	1:58	4.7	7:22	-0.1	7:17	1.6	5:56	6:31	