

Alcatraz Island, CA - Mar 1984

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:39	5.7			4:48	2.3	5:18	-0.2	6:40	6:03	
2	Fri	12:09	4.9	11:16 AM	5.5	5:22	2.0	5:46	0.0	6:38	6:04	
3	Sat	12:31	4.9	11:53 AM	5.3	5:55	1.8	6:12	0.2	6:37	6:05	
4	Sun	12:53	5.0	12:31	5.1	6:28	1.6	6:39	0.5	6:36	6:06	
5	Mon	1:16	5.1	1:11	4.8	7:03	1.4	7:06	0.9	6:34	6:07	
6	Tue	1:41	5.2	1:55	4.4	7:41	1.2	7:35	1.4	6:33	6:08	
7	Wed	2:08	5.3	2:49	4.1	8:24	1.0	8:07	2.0	6:31	6:09	
8	Thu	2:39	5.3	4:00	3.8	9:16	0.9	8:46	2.5	6:30	6:10	
9	Fri	3:19	5.3	5:38	3.6	10:18	0.7	9:40	3.0	6:28	6:11	
10	Sat	4:10	5.3	7:24	3.8	11:31	0.5	11:02	3.3	6:27	6:12	
11	Sun	5:14	5.4	8:34	4.1			12:44	0.1	6:25	6:13	
12	Mon	6:26	5.6	9:20	4.4	12:33	3.3	1:48	-0.3	6:24	6:14	
13	Tue	7:35	5.8	9:58	4.7	1:44	3.0	2:43	-0.7	6:22	6:15	
14	Wed	8:38	6.1	10:33	5.0	2:42	2.6	3:31	-0.9	6:21	6:16	
15	Thu	9:37	6.3	11:08	5.3	3:34	2.0	4:15	-1.0	6:19	6:17	
16	Fri	10:32	6.3	11:42	5.6	4:23	1.4	4:57	-0.8	6:18	6:18	
17	Sat	11:27	6.1			5:13	0.8	5:38	-0.5	6:16	6:19	
18	Sun	12:16	5.8	12:22	5.8	6:02	0.3	6:18	0.1	6:15	6:19	
19	Mon	12:51	6.0	1:19	5.4	6:54	0.0	6:59	0.8	6:13	6:20	
20	Tue	1:28	6.1	2:21	4.9	7:46	-0.2	7:42	1.5	6:12	6:21	
21	Wed	2:07	6.0	3:30	4.4	8:43	-0.2	8:30	2.2	6:10	6:22	
22	Thu	2:50	5.8	4:54	4.1	9:45	-0.1	9:31	2.8	6:09	6:23	
23	Fri	3:40	5.5	6:28	4.1	10:55	0.1	10:54	3.1	6:07	6:24	
24	Sat	4:42	5.2	7:49	4.3			12:09	0.1	6:06	6:25	
25	Sun	5:52	5.0	8:46	4.5	12:24	3.2	1:16	0.1	6:04	6:26	
26	Mon	7:03	5.0	9:29	4.7	1:37	2.9	2:13	0.1	6:03	6:27	
27	Tue	8:05	5.0	10:02	4.8	2:32	2.6	2:59	0.0	6:01	6:28	
28	Wed	8:58	5.1	10:30	4.9	3:17	2.2	3:37	0.1	5:59	6:29	
29	Thu	9:44	5.1	10:55	4.9	3:55	1.9	4:10	0.2	5:58	6:30	
30	Fri	10:26	5.1	11:16	5.0	4:30	1.5	4:39	0.3	5:56	6:31	
31	Sat	11:07	5.0	11:38	5.1	5:02	1.2	5:07	0.6	5:55	6:31	