

Alcatraz Island, CA - Mar 1987

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:41	5.6	12:28	5.7	6:19	1.0	6:35	0.0	6:41	6:02	
2	Mon	1:13	5.8	1:21	5.2	7:07	0.8	7:11	0.6	6:39	6:03	
3	Tue	1:45	5.8	2:17	4.6	7:57	0.6	7:47	1.4	6:38	6:04	
4	Wed	2:17	5.7	3:21	4.2	8:50	0.6	8:26	2.1	6:37	6:05	
5	Thu	2:51	5.6	4:43	3.8	9:48	0.6	9:13	2.8	6:35	6:06	
6	Fri	3:31	5.4	6:31	3.8	10:54	0.7	10:20	3.2	6:34	6:07	
7	Sat	4:22	5.2	8:07	4.0			12:08	0.6	6:32	6:08	
8	Sun	5:26	5.1	9:04	4.2			1:17	0.5	6:31	6:09	
9	Mon	6:35	5.1	9:43	4.4	1:14	3.4	2:14	0.3	6:29	6:10	
10	Tue	7:38	5.2	10:13	4.5	2:13	3.1	3:00	0.1	6:28	6:11	
11	Wed	8:32	5.3	10:39	4.6	2:58	2.8	3:37	-0.1	6:26	6:12	
12	Thu	9:19	5.4	11:02	4.7	3:37	2.5	4:09	-0.1	6:25	6:13	
13	Fri	10:02	5.5	11:24	4.9	4:12	2.1	4:38	-0.1	6:23	6:14	
14	Sat	10:44	5.4	11:46	5.1	4:46	1.7	5:05	0.0	6:22	6:15	
15	Sun	11:26	5.3			5:20	1.3	5:33	0.3	6:20	6:16	
16	Mon	12:10	5.3	12:10	5.1	5:56	0.9	6:01	0.7	6:19	6:17	
17	Tue	12:34	5.5	12:58	4.8	6:35	0.5	6:32	1.2	6:17	6:18	
18	Wed	1:01	5.7	1:52	4.5	7:18	0.2	7:05	1.7	6:16	6:19	
19	Thu	1:32	5.8	2:56	4.2	8:07	0.0	7:41	2.3	6:14	6:20	
20	Fri	2:08	5.9	4:16	3.9	9:04	-0.1	8:27	2.9	6:13	6:21	
21	Sat	2:55	5.8	5:56	3.8	10:11	-0.1	9:32	3.3	6:11	6:22	
22	Sun	3:56	5.7	7:28	4.1	11:29	-0.2	11:11	3.4	6:10	6:22	
23	Mon	5:13	5.6	8:28	4.4			12:45	-0.4	6:08	6:23	
24	Tue	6:34	5.6	9:11	4.7	12:48	3.2	1:50	-0.6	6:07	6:24	
25	Wed	7:48	5.7	9:48	5.0	2:00	2.7	2:44	-0.7	6:05	6:25	
26	Thu	8:52	5.7	10:21	5.2	2:57	2.1	3:29	-0.6	6:04	6:26	
27	Fri	9:50	5.7	10:53	5.5	3:48	1.4	4:10	-0.4	6:02	6:27	
28	Sat	10:45	5.6	11:24	5.7	4:35	0.8	4:47	0.0	6:01	6:28	
29	Sun	11:37	5.3	11:53	5.8	5:20	0.4	5:23	0.5	5:59	6:29	
30	Mon			12:29	5.0	6:03	0.0	5:59	1.1	5:58	6:30	
31	Tue	12:22	5.9	1:22	4.7	6:45	-0.2	6:35	1.7	5:56	6:31	