US HARBORS www.USHarbors.com

Alcatraz Island, CA - Mar 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	**5:00**	5.3	**8:48**	3.9			**12:43**	0.4	6:40	6:03	
2	Thu	**6:11**	5.5	**9:26**	4.2	**12:10**	3.5	**1:45**	0.0	6:39	6:04	
3	Fri	**7:19**	5.7	**9:57**	4.4	**1:28**	3.3	**2:37**	-0.4	6:37	6:05	
4	Sat	**8:20**	6.0	**10:26**	4.7	**2:25**	2.9	**3:21**	-0.7	6:36	6:06	
5	Sun	**9:16**	6.2	**10:56**	5.0	**3:15**	2.4	**4:02**	-0.9	6:34	6:07	
6	Mon	**10:11**	6.3	**11:26**	5.4	**4:03**	1.8	**4:41**	-0.8	6:33	6:08	
7	Tue	**11:04**	6.2	**11:57**	5.7	**4:51**	1.1	**5:19**	-0.5	6:32	6:09	
8	Wed	**11:59**	5.9			**5:40**	0.5	**5:57**	0.0	6:30	6:10	
9	Thu	**12:30**	6.0	**12:56**	5.5	**6:30**	0.1	**6:36**	0.6	6:29	6:11	
10	Fri	**1:05**	6.3	**1:57**	5.0	**7:23**	-0.2	**7:16**	1.3	6:27	6:12	
11	Sat	**1:43**	6.3	**3:05**	4.5	**8:19**	-0.3	**8:01**	2.0	6:26	6:13	
12	Sun	**2:26**	6.3	**4:26**	4.1	**9:22**	-0.2	**8:55**	2.7	6:24	6:14	
13	Mon	**3:17**	6.0	**6:02**	4.1	**10:34**	-0.1	**10:09**	3.1	6:23	6:15	
14	Tue	**4:18**	5.7	**7:30**	4.2	**11:53**	0.0	**11:45**	3.3	6:21	6:15	
15	Wed	**5:31**	5.5	**8:33**	4.5			**1:07**	0.0	6:20	6:16	
16	Thu	**6:46**	5.3	**9:19**	4.7	**1:10**	3.1	**2:09**	-0.1	6:18	6:17	
17	Fri	**7:53**	5.3	**9:57**	4.9	**2:14**	2.7	**2:57**	-0.1	6:17	6:18	
18	Sat	**8:50**	5.3	**10:28**	5.0	**3:05**	2.3	**3:37**	-0.1	6:15	6:19	
19	Sun	**9:39**	5.3	**10:55**	5.0	**3:48**	1.9	**4:10**	0.1	6:14	6:20	
20	Mon	**10:23**	5.2	**11:18**	5.1	**4:26**	1.5	**4:39**	0.3	6:12	6:21	
21	Tue	**11:05**	5.0	**11:38**	5.2	**5:01**	1.2	**5:06**	0.6	6:10	6:22	
22	Wed	**11:45**	4.8	**11:59**	5.3	**5:34**	0.9	**5:32**	1.0	6:09	6:23	
23	Thu			**12:26**	4.6	**6:06**	0.6	**5:57**	1.4	6:07	6:24	
24	Fri	**12:20**	5.4	**1:09**	4.4	**6:39**	0.4	**6:24**	1.9	6:06	6:25	
25	Sat	**12:43**	5.5	**1:56**	4.2	**7:14**	0.3	**6:51**	2.3	6:04	6:26	
26	Sun	**1:10**	5.5	**2:50**	3.9	**7:53**	0.2	**7:21**	2.7	6:03	6:27	
27	Mon	**1:42**	5.4	**3:57**	3.7	**8:39**	0.2	**7:57**	3.0	6:01	6:28	
28	Tue	**2:22**	5.3	**5:25**	3.7	**9:35**	0.3	**8:49**	3.3	6:00	6:28	
29	Wed	**3:14**	5.2	**6:56**	3.8	**10:43**	0.2	**10:19**	3.5	5:58	6:29	
30	Thu	**4:22**	5.1	**7:54**	4.0	**11:55**	0.1			5:57	6:30	
31	Fri	**5:39**	5.1	**8:32**	4.3	**12:01**	3.3	**1:00**	-0.2	5:55	6:31	