

Alcatraz Island, CA - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:01	6.2	3:11	4.4	8:31	0.1	8:10	2.0	6:40	6:03	
2	Fri	2:43	6.2	4:35	4.0	9:35	0.0	9:02	2.6	6:39	6:04	
3	Sat	3:35	6.1	6:15	3.9	10:50	0.0	10:14	3.1	6:38	6:05	
4	Sun	4:38	5.9	7:46	4.1			12:11	-0.1	6:36	6:06	
5	Mon	5:52	5.8	8:48	4.5			1:24	-0.2	6:35	6:07	
6	Tue	7:06	5.8	9:34	4.8	1:15	3.1	2:25	-0.4	6:33	6:08	
7	Wed	8:13	5.8	10:13	5.0	2:22	2.7	3:14	-0.5	6:32	6:09	
8	Thu	9:11	5.8	10:47	5.2	3:17	2.2	3:56	-0.4	6:30	6:10	
9	Fri	10:02	5.7	11:17	5.3	4:04	1.8	4:32	-0.2	6:29	6:10	
10	Sat	10:49	5.5	11:45	5.4	4:47	1.4	5:04	0.0	6:27	6:11	
11	Sun	11:34	5.3			5:26	1.1	5:35	0.4	6:26	6:12	
12	Mon	12:10	5.5	12:17	5.0	6:04	0.8	6:04	0.9	6:24	6:13	
13	Tue	12:34	5.5	1:01	4.7	6:41	0.6	6:33	1.4	6:23	6:14	
14	Wed	12:58	5.5	1:47	4.4	7:18	0.5	7:03	1.9	6:21	6:15	
15	Thu	1:23	5.5	2:38	4.1	7:58	0.5	7:33	2.4	6:20	6:16	
16	Fri	1:52	5.4	3:40	3.8	8:42	0.6	8:07	2.8	6:18	6:17	
17	Sat	2:28	5.3	5:03	3.6	9:36	0.6	8:51	3.2	6:17	6:18	
18	Sun	3:15	5.1	6:49	3.6	10:41	0.7	10:08	3.4	6:15	6:19	
19	Mon	4:14	5.0	8:02	3.8	11:53	0.6	11:53	3.4	6:14	6:20	
20	Tue	5:25	4.9	8:42	4.1			12:59	0.4	6:12	6:21	
21	Wed	6:36	5.0	9:11	4.3	1:08	3.2	1:52	0.1	6:11	6:22	
22	Thu	7:40	5.2	9:38	4.6	2:02	2.7	2:36	-0.1	6:09	6:23	
23	Fri	8:38	5.4	10:04	4.9	2:47	2.2	3:14	-0.2	6:08	6:24	
24	Sat	9:32	5.5	10:32	5.2	3:29	1.6	3:51	-0.1	6:06	6:25	
25	Sun	10:25	5.5	11:00	5.6	4:12	0.9	4:27	0.1	6:05	6:26	
26	Mon	11:19	5.4	11:31	6.0	4:55	0.3	5:04	0.5	6:03	6:26	
27	Tue			12:14	5.3	5:40	-0.3	5:42	1.0	6:02	6:27	
28	Wed	12:04	6.2	1:12	5.0	6:28	-0.7	6:22	1.6	6:00	6:28	
29	Thu	12:41	6.4	2:14	4.7	7:18	-0.9	7:05	2.1	5:59	6:29	
30	Fri	1:23	6.4	3:24	4.4	8:14	-0.8	7:55	2.6	5:57	6:30	
31	Sat	2:11	6.2	4:43	4.2	9:17	-0.7	9:00	3.0	5:56	6:31	