

Alcatraz Island, CA - Mar 1991

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:06	5.7	11:55 AM	5.7	5:44	0.9	5:59	0.1	6:41	6:02	
2	Sat	12:37	5.8	12:44	5.3	6:30	0.7	6:34	0.6	6:39	6:03	
3	Sun	1:09	5.8	1:35	4.9	7:16	0.5	7:10	1.2	6:38	6:04	
4	Mon	1:40	5.8	2:30	4.4	8:02	0.5	7:46	1.8	6:37	6:05	
5	Tue	2:12	5.7	3:33	4.0	8:52	0.6	8:26	2.4	6:35	6:06	
6	Wed	2:49	5.5	4:54	3.7	9:49	0.7	9:15	2.9	6:34	6:07	
7	Thu	3:33	5.3	6:37	3.7	10:56	0.7	10:29	3.2	6:32	6:08	
8	Fri	4:29	5.1	8:03	3.9			12:08	0.7	6:31	6:09	
9	Sat	5:36	5.0	8:53	4.1	12:02	3.3	1:14	0.6	6:29	6:10	
10	Sun	6:44	5.0	9:27	4.3	1:16	3.2	2:07	0.4	6:28	6:11	
11	Mon	7:44	5.2	9:55	4.5	2:11	2.9	2:50	0.2	6:26	6:12	
12	Tue	8:37	5.3	10:19	4.7	2:55	2.5	3:26	0.1	6:25	6:13	
13	Wed	9:24	5.4	10:43	4.9	3:33	2.1	3:58	0.0	6:23	6:14	
14	Thu	10:10	5.4	11:07	5.1	4:09	1.7	4:28	0.1	6:22	6:15	
15	Fri	10:55	5.4	11:32	5.4	4:45	1.2	4:58	0.3	6:20	6:16	
16	Sat	11:41	5.2	11:59	5.7	5:22	0.8	5:29	0.6	6:19	6:17	
17	Sun			12:29	5.1	6:01	0.4	6:02	1.0	6:17	6:18	
18	Mon	12:28	5.9	1:22	4.8	6:43	0.0	6:37	1.5	6:16	6:19	
19	Tue	1:01	6.0	2:20	4.5	7:31	-0.2	7:16	2.0	6:14	6:20	
20	Wed	1:39	6.1	3:28	4.2	8:24	-0.3	8:02	2.5	6:13	6:21	
21	Thu	2:25	6.0	4:50	4.0	9:26	-0.3	9:01	2.9	6:11	6:22	
22	Fri	3:22	5.8	6:18	4.0	10:38	-0.2	10:23	3.1	6:10	6:23	
23	Sat	4:31	5.6	7:31	4.3	11:55	-0.2	11:59	3.0	6:08	6:23	
24	Sun	5:50	5.5	8:25	4.6			1:05	-0.3	6:07	6:24	
25	Mon	7:07	5.5	9:07	4.9	1:19	2.6	2:04	-0.3	6:05	6:25	
26	Tue	8:16	5.5	9:44	5.2	2:22	2.0	2:52	-0.3	6:04	6:26	
27	Wed	9:17	5.5	10:19	5.5	3:16	1.4	3:35	-0.1	6:02	6:27	
28	Thu	10:13	5.4	10:50	5.7	4:04	0.8	4:14	0.2	6:01	6:28	
29	Fri	11:05	5.2	11:21	5.8	4:48	0.4	4:50	0.6	5:59	6:29	
30	Sat	11:56	5.0	11:50	5.9	5:30	0.1	5:26	1.1	5:57	6:30	
31	Sun			12:45	4.8	6:10	-0.2	6:01	1.6	5:56	6:31	