

Alcatraz Island, CA - Mar 1993

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:18	5.4	7:11	3.7	11:36	0.7	11:05	3.1	6:40	6:03	
2	Tue	5:23	5.4	8:17	4.0			12:46	0.3	6:39	6:04	
3	Wed	6:32	5.6	9:03	4.3	12:30	3.0	1:45	0.0	6:37	6:05	
4	Thu	7:38	5.8	9:41	4.7	1:39	2.7	2:36	-0.4	6:36	6:06	
5	Fri	8:39	6.0	10:16	5.0	2:36	2.3	3:22	-0.6	6:34	6:07	
6	Sat	9:36	6.2	10:51	5.4	3:28	1.7	4:05	-0.6	6:33	6:08	
7	Sun	10:32	6.2	11:26	5.8	4:17	1.1	4:46	-0.5	6:31	6:09	
8	Mon	11:26	6.0			5:07	0.5	5:27	-0.1	6:30	6:10	
9	Tue	12:02	6.1	12:21	5.8	5:57	0.1	6:08	0.3	6:29	6:11	
10	Wed	12:40	6.3	1:18	5.4	6:48	-0.2	6:50	0.9	6:27	6:12	
11	Thu	1:20	6.4	2:19	4.9	7:42	-0.3	7:36	1.5	6:26	6:13	
12	Fri	2:03	6.3	3:26	4.5	8:39	-0.2	8:27	2.1	6:24	6:14	
13	Sat	2:51	6.1	4:44	4.2	9:43	-0.1	9:30	2.6	6:23	6:15	
14	Sun	3:47	5.7	6:11	4.2	10:54	0.1	10:51	2.8	6:21	6:16	
15	Mon	4:51	5.4	7:30	4.3			12:08	0.2	6:20	6:16	
16	Tue	6:03	5.2	8:28	4.5	12:18	2.8	1:15	0.2	6:18	6:17	
17	Wed	7:12	5.1	9:13	4.7	1:30	2.6	2:11	0.2	6:17	6:18	
18	Thu	8:13	5.1	9:49	4.9	2:27	2.3	2:56	0.2	6:15	6:19	
19	Fri	9:06	5.1	10:19	5.0	3:14	1.9	3:34	0.3	6:13	6:20	
20	Sat	9:52	5.1	10:45	5.1	3:54	1.5	4:07	0.4	6:12	6:21	
21	Sun	10:35	5.0	11:08	5.2	4:30	1.2	4:37	0.6	6:10	6:22	
22	Mon	11:16	4.9	11:31	5.3	5:04	0.9	5:05	0.9	6:09	6:23	
23	Tue	11:56	4.8	11:55	5.4	5:35	0.7	5:33	1.2	6:07	6:24	
24	Wed			12:36	4.7	6:07	0.5	6:02	1.5	6:06	6:25	
25	Thu	12:20	5.5	1:19	4.5	6:40	0.3	6:31	1.8	6:04	6:26	
26	Fri	12:49	5.5	2:05	4.3	7:16	0.2	7:04	2.2	6:03	6:27	
27	Sat	1:20	5.5	2:59	4.1	7:58	0.2	7:41	2.5	6:01	6:28	
28	Sun	1:58	5.5	4:03	3.9	8:46	0.2	8:27	2.8	6:00	6:29	
29	Mon	2:43	5.3	5:19	3.8	9:44	0.2	9:31	3.0	5:58	6:29	
30	Tue	3:41	5.2	6:33	4.0	10:51	0.2	10:57	3.0	5:57	6:30	
31	Wed	4:51	5.1	7:31	4.2			12:00	0.1	5:55	6:31	