US HARBORS www.USHarbors.com

Alcatraz Island, CA - Mar 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**8:49**	5.4	**10:31**	4.7	**3:01**	2.4	**3:39**	0.2	6:40	6:03	
2	Sat	**9:33**	5.5	**10:59**	4.9	**3:41**	2.1	**4:12**	0.1	6:38	6:04	
3	Sun	**10:14**	5.5	**11:25**	5.0	**4:18**	1.9	**4:42**	0.1	6:37	6:05	
4	Mon	**10:54**	5.5	**11:52**	5.2	**4:52**	1.6	**5:11**	0.2	6:35	6:06	
5	Tue	**11:34**	5.4			**5:26**	1.4	**5:41**	0.3	6:34	6:07	
6	Wed	**12:19**	5.3	**12:15**	5.3	**6:01**	1.1	**6:11**	0.6	6:33	6:08	
7	Thu	**12:48**	5.5	**12:58**	5.0	**6:38**	0.9	**6:44**	0.9	6:31	6:09	
8	Fri	**1:19**	5.6	**1:46**	4.8	**7:20**	0.7	**7:19**	1.3	6:30	6:10	
9	Sat	**1:54**	5.6	**2:41**	4.4	**8:07**	0.5	**8:00**	1.7	6:28	6:11	
10	Sun	**2:34**	5.6	**3:48**	4.1	**9:02**	0.4	**8:49**	2.1	6:27	6:12	
11	Mon	**3:22**	5.6	**5:10**	4.0	**10:06**	0.4	**9:53**	2.5	6:25	6:13	
12	Tue	**4:21**	5.6	**6:36**	4.1	**11:19**	0.2	**11:14**	2.7	6:24	6:14	
13	Wed	**5:30**	5.6	**7:48**	4.3			**12:31**	0.0	6:22	6:15	
14	Thu	**6:43**	5.6	**8:44**	4.7	**12:37**	2.6	**1:36**	-0.2	6:21	6:16	
15	Fri	**7:51**	5.8	**9:29**	5.0	**1:48**	2.2	**2:32**	-0.4	6:19	6:17	
16	Sat	**8:53**	5.9	**10:10**	5.4	**2:47**	1.7	**3:21**	-0.5	6:18	6:18	
17	Sun	**9:51**	5.9	**10:49**	5.6	**3:40**	1.2	**4:06**	-0.4	6:16	6:19	
18	Mon	**10:44**	5.9	**11:26**	5.8	**4:29**	0.8	**4:48**	-0.2	6:15	6:20	
19	Tue	**11:36**	5.7			**5:16**	0.4	**5:29**	0.2	6:13	6:20	
20	Wed	**12:02**	5.9	**12:27**	5.5	**6:02**	0.2	**6:09**	0.6	6:12	6:21	
21	Thu	**12:38**	5.9	**1:18**	5.1	**6:47**	0.1	**6:50**	1.1	6:10	6:22	
22	Fri	**1:14**	5.8	**2:11**	4.8	**7:33**	0.1	**7:33**	1.6	6:08	6:23	
23	Sat	**1:51**	5.7	**3:09**	4.4	**8:21**	0.2	**8:19**	2.1	6:07	6:24	
24	Sun	**2:30**	5.4	**4:14**	4.2	**9:14**	0.4	**9:14**	2.5	6:05	6:25	
25	Mon	**3:15**	5.1	**5:30**	4.0	**10:13**	0.6	**10:24**	2.8	6:04	6:26	
26	Tue	**4:09**	4.9	**6:48**	4.1	**11:20**	0.7	**11:44**	2.8	6:02	6:27	
27	Wed	**5:13**	4.7	**7:49**	4.2			**12:26**	0.7	6:01	6:28	
28	Thu	**6:21**	4.6	**8:34**	4.4	**12:54**	2.7	**1:24**	0.6	5:59	6:29	
29	Fri	**7:25**	4.7	**9:10**	4.6	**1:51**	2.4	**2:12**	0.6	5:58	6:30	
30	Sat	**8:21**	4.8	**9:40**	4.8	**2:38**	2.0	**2:52**	0.5	5:56	6:31	
31	Sun	**9:11**	4.9	**10:07**	5.0	**3:18**	1.6	**3:28**	0.5	5:55	6:32	