

































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	