

































## Alcatraz Island, CA - Mar 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:54	5.3	5:34	3.7	10:40	0.9	10:16	2.6	6:40	6:03	
2	Sun	4:50	5.4	7:04	3.9	11:51	0.6	11:34	2.8	6:39	6:04	
3	Mon	5:55	5.5	8:14	4.2			12:59	0.3	6:37	6:05	
4	Tue	7:01	5.7	9:07	4.5	12:52	2.7	1:58	-0.2	6:36	6:06	
5	Wed	8:04	6.0	9:51	4.9	1:58	2.4	2:50	-0.5	6:34	6:07	
6	Thu	9:03	6.2	10:31	5.2	2:54	2.0	3:38	-0.7	6:33	6:08	
7	Fri	9:59	6.3	11:10	5.5	3:47	1.5	4:23	-0.8	6:31	6:09	
8	Sat	10:53	6.3	11:48	5.8	4:37	1.0	5:07	-0.6	6:30	6:10	
9	Sun	11:47	6.2			5:27	0.6	5:50	-0.3	6:28	6:11	
10	Mon	12:27	6.0	12:41	5.8	6:17	0.3	6:33	0.1	6:27	6:12	
11	Tue	1:07	6.1	1:36	5.4	7:09	0.1	7:18	0.7	6:25	6:13	
12	Wed	1:48	6.1	2:36	5.0	8:03	0.1	8:05	1.3	6:24	6:14	
13	Thu	2:32	5.9	3:43	4.5	9:01	0.2	8:59	1.9	6:23	6:15	
14	Fri	3:20	5.7	5:00	4.3	10:06	0.3	10:04	2.3	6:21	6:16	
15	Sat	4:15	5.4	6:25	4.2	11:17	0.5	11:22	2.6	6:19	6:16	
16	Sun	5:17	5.2	7:41	4.3			12:28	0.5	6:18	6:17	
17	Mon	6:25	5.1	8:39	4.5	12:39	2.6	1:31	0.4	6:16	6:18	
18	Tue	7:28	5.0	9:23	4.7	1:44	2.5	2:23	0.3	6:15	6:19	
19	Wed	8:24	5.1	9:59	4.8	2:37	2.2	3:06	0.3	6:13	6:20	
20	Thu	9:13	5.1	10:29	4.9	3:21	1.9	3:43	0.3	6:12	6:21	
21	Fri	9:56	5.2	10:56	5.0	4:00	1.6	4:16	0.4	6:10	6:22	
22	Sat	10:37	5.2	11:21	5.1	4:35	1.3	4:46	0.5	6:09	6:23	
23	Sun	11:16	5.1	11:46	5.2	5:08	1.1	5:15	0.7	6:07	6:24	
24	Mon	11:56	5.0			5:40	0.9	5:44	0.9	6:06	6:25	
25	Tue	12:12	5.3	12:36	4.8	6:12	0.6	6:13	1.2	6:04	6:26	
26	Wed	12:40	5.4	1:19	4.7	6:47	0.5	6:45	1.5	6:03	6:27	
27	Thu	1:10	5.4	2:06	4.4	7:26	0.3	7:20	1.8	6:01	6:28	
28	Fri	1:44	5.4	3:01	4.2	8:10	0.3	8:01	2.2	6:00	6:29	
29	Sat	2:24	5.4	4:07	4.0	9:02	0.2	8:53	2.5	5:58	6:29	
30	Sun	3:13	5.3	5:24	4.0	10:03	0.2	10:03	2.8	5:57	6:30	
31	Mon	4:14	5.2	6:40	4.2	11:12	0.1	11:28	2.8	5:55	6:31	