


Alcatraz Island, CA - Mar 1998

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:32	6.0	1:47	5.5	7:24	0.6	7:37	0.4	6:40	6:03	☀
2	Mon	2:14	6.0	2:49	5.0	8:21	0.4	8:25	1.1	6:39	6:04	☾
3	Tue	3:00	6.0	4:01	4.5	9:25	0.4	9:20	1.7	6:38	6:05	☾
4	Wed	3:52	5.9	5:26	4.2	10:37	0.4	10:27	2.2	6:36	6:06	☾
5	Thu	4:51	5.8	6:56	4.3	11:54	0.3	11:47	2.5	6:35	6:07	☾
6	Fri	5:56	5.6	8:11	4.5			1:06	0.2	6:33	6:08	☾
7	Sat	7:03	5.6	9:09	4.7	1:05	2.6	2:08	0.0	6:32	6:09	☾
8	Sun	8:04	5.6	9:55	4.9	2:10	2.4	2:59	-0.1	6:30	6:10	☾
9	Mon	8:59	5.6	10:34	5.1	3:04	2.2	3:42	-0.1	6:29	6:11	☾
10	Tue	9:46	5.6	11:07	5.1	3:50	1.9	4:19	-0.1	6:27	6:11	☾
11	Wed	10:29	5.5	11:37	5.2	4:30	1.7	4:53	0.1	6:26	6:12	☾
12	Thu	11:09	5.4			5:07	1.5	5:24	0.3	6:24	6:13	☾
13	Fri	12:03	5.2	11:48 AM	5.2	5:42	1.3	5:53	0.5	6:23	6:14	☾
14	Sat	12:29	5.2	12:26	5.0	6:15	1.1	6:22	0.8	6:21	6:15	☾
15	Sun	12:54	5.2	1:05	4.8	6:49	1.0	6:51	1.2	6:20	6:16	☾
16	Mon	1:20	5.2	1:47	4.5	7:25	0.9	7:22	1.5	6:18	6:17	☾
17	Tue	1:49	5.2	2:35	4.2	8:05	0.8	7:56	1.9	6:17	6:18	☾
18	Wed	2:23	5.2	3:32	4.0	8:51	0.8	8:37	2.3	6:15	6:19	☾
19	Thu	3:03	5.1	4:46	3.8	9:46	0.8	9:30	2.7	6:14	6:20	☾
20	Fri	3:53	5.0	6:12	3.8	10:50	0.7	10:45	2.9	6:12	6:21	☾
21	Sat	4:54	5.0	7:28	4.0	11:59	0.5			6:11	6:22	☾
22	Sun	6:02	5.1	8:23	4.3	12:09	2.9	1:03	0.2	6:09	6:23	☾
23	Mon	7:10	5.3	9:06	4.6	1:18	2.6	1:58	-0.1	6:08	6:24	☾
24	Tue	8:12	5.5	9:44	5.0	2:14	2.2	2:47	-0.3	6:06	6:25	☾
25	Wed	9:10	5.7	10:21	5.3	3:04	1.7	3:33	-0.4	6:05	6:26	☾
26	Thu	10:05	5.9	10:57	5.6	3:52	1.1	4:16	-0.4	6:03	6:26	☾
27	Fri	11:00	5.9	11:34	5.9	4:39	0.5	4:59	-0.2	6:02	6:27	☾
28	Sat	11:54	5.8			5:27	0.0	5:42	0.1	6:00	6:28	☾
29	Sun	12:12	6.1	12:50	5.6	6:16	-0.3	6:26	0.6	5:59	6:29	☾
30	Mon	12:53	6.2	1:48	5.2	7:08	-0.5	7:13	1.2	5:57	6:30	☾
31	Tue	1:35	6.2	2:51	4.9	8:02	-0.5	8:04	1.7	5:56	6:31	☾