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# 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 | |