US HARBORS www.USHarbors.com

Alcatraz Island, CA - Mar 1999

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**10:50**	6.0			**4:48**	1.8	**5:19**	-0.4	6:41	6:02	
2	Tue	**12:08**	5.4	**11:34 AM**	5.8	**5:30**	1.6	**5:54**	-0.2	6:39	6:03	
3	Wed	**12:40**	5.4	**12:17**	5.5	**6:11**	1.4	**6:28**	0.2	6:38	6:04	
4	Thu	**1:10**	5.3	**12:59**	5.2	**6:52**	1.3	**7:01**	0.6	6:36	6:05	
5	Fri	**1:39**	5.3	**1:42**	4.8	**7:32**	1.2	**7:35**	1.1	6:35	6:06	
6	Sat	**2:08**	5.2	**2:30**	4.4	**8:15**	1.1	**8:10**	1.6	6:34	6:07	
7	Sun	**2:40**	5.2	**3:26**	4.0	**9:03**	1.1	**8:49**	2.1	6:32	6:08	
8	Mon	**3:17**	5.1	**4:39**	3.7	**9:59**	1.1	**9:39**	2.6	6:31	6:09	
9	Tue	**4:02**	5.0	**6:12**	3.7	**11:05**	1.1	**10:49**	2.9	6:29	6:10	
10	Wed	**4:57**	5.0	**7:40**	3.8			**12:13**	0.9	6:28	6:11	
11	Thu	**5:59**	5.0	**8:39**	4.1	**12:12**	3.0	**1:15**	0.6	6:26	6:12	
12	Fri	**7:01**	5.1	**9:20**	4.3	**1:21**	2.9	**2:07**	0.3	6:25	6:13	
13	Sat	**7:59**	5.3	**9:55**	4.6	**2:14**	2.7	**2:51**	0.0	6:23	6:14	
14	Sun	**8:51**	5.6	**10:27**	4.8	**2:58**	2.4	**3:31**	-0.2	6:22	6:15	
15	Mon	**9:40**	5.8	**10:58**	5.1	**3:39**	2.0	**4:09**	-0.4	6:20	6:16	
16	Tue	**10:28**	5.9	**11:30**	5.3	**4:19**	1.6	**4:47**	-0.4	6:19	6:17	
17	Wed	**11:16**	5.9			**5:00**	1.1	**5:25**	-0.3	6:17	6:18	
18	Thu	**12:03**	5.6	**12:06**	5.7	**5:44**	0.7	**6:03**	0.1	6:16	6:19	
19	Fri	**12:38**	5.8	**12:59**	5.5	**6:31**	0.3	**6:44**	0.5	6:14	6:20	
20	Sat	**1:15**	5.9	**1:56**	5.1	**7:21**	0.0	**7:27**	1.0	6:13	6:21	
21	Sun	**1:55**	6.0	**3:00**	4.7	**8:16**	-0.1	**8:16**	1.6	6:11	6:22	
22	Mon	**2:41**	5.9	**4:15**	4.4	**9:17**	-0.1	**9:14**	2.2	6:10	6:23	
23	Tue	**3:34**	5.8	**5:39**	4.3	**10:27**	-0.1	**10:28**	2.6	6:08	6:23	
24	Wed	**4:37**	5.6	**7:03**	4.4	**11:43**	0.0	**11:54**	2.7	6:07	6:24	
25	Thu	**5:49**	5.5	**8:10**	4.7			**12:56**	-0.1	6:05	6:25	
26	Fri	**7:01**	5.4	**9:02**	4.9	**1:13**	2.5	**1:58**	-0.2	6:03	6:26	
27	Sat	**8:07**	5.4	**9:46**	5.2	**2:17**	2.2	**2:50**	-0.2	6:02	6:27	
28	Sun	**9:06**	5.4	**10:23**	5.3	**3:10**	1.8	**3:34**	-0.1	6:00	6:28	
29	Mon	**9:57**	5.4	**10:57**	5.4	**3:56**	1.4	**4:14**	0.0	5:59	6:29	
30	Tue	**10:44**	5.3	**11:27**	5.4	**4:38**	1.1	**4:49**	0.3	5:57	6:30	
31	Wed	**11:28**	5.1	**11:55**	5.4	**5:16**	0.8	**5:22**	0.6	5:56	6:31	