US HARBORS www.USHarbors.com

Alcatraz Island, CA - Mar 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:03	5.4	10:16	4.5	2:22	2.9	3:08	0.2	6:40	6:03	
2	Thu	8:51	5.5	10:46	4.7	3:07	2.7	3:46	0.0	6:38	6:04	
3	Fri	9:35	5.6	11:14	4.8	3:46	2.5	4:20	-0.2	6:37	6:05	
4	Sat	10:17	5.7	11:41	4.9	4:22	2.2	4:52	-0.3	6:35	6:06	
5	Sun	10:58	5.7			4:56	1.9	5:23	-0.2	6:34	6:07	
6	Mon	12:08	5.1	11:39 AM	5.7	5:31	1.6	5:55	-0.1	6:32	6:08	
7	Tue	12:37	5.3	12:22	5.5	6:08	1.3	6:27	0.2	6:31	6:09	
8	Wed	1:07	5.4	1:09	5.2	6:50	1.0	7:02	0.6	6:30	6:10	
9	Thu	1:39	5.5	2:01	4.8	7:36	0.7	7:40	1.1	6:28	6:11	
10	Fri	2:14	5.6	3:03	4.4	8:28	0.6	8:24	1.7	6:27	6:12	
11	Sat	2:55	5.7	4:20	4.1	9:28	0.4	9:16	2.2	6:25	6:13	
12	Sun	3:45	5.7	5:52	4.0	10:39	0.3	10:25	2.7	6:24	6:14	
13	Mon	4:46	5.7	7:21	4.2	11:55	0.1	11:50	2.9	6:22	6:15	
14	Tue	5:56	5.7	8:29	4.5			1:08	-0.2	6:21	6:16	
15	Wed	7:07	5.8	9:21	4.8	1:10	2.7	2:10	-0.4	6:19	6:17	
16	Thu	8:13	5.9	10:04	5.1	2:17	2.4	3:03	-0.6	6:18	6:18	
17	Fri	9:13	6.0	10:43	5.3	3:13	2.0	3:50	-0.6	6:16	6:19	
18	Sat	10:07	6.0	11:19	5.5	4:03	1.5	4:32	-0.5	6:15	6:20	
19	Sun	10:59	5.9	11:54	5.6	4:50	1.1	5:12	-0.3	6:13	6:20	
20	Mon	11:48	5.6			5:34	0.8	5:50	0.1	6:11	6:21	
21	Tue	12:26	5.6	12:36	5.3	6:18	0.6	6:27	0.6	6:10	6:22	
22	Wed	12:58	5.6	1:25	4.9	7:01	0.4	7:03	1.1	6:08	6:23	
23	Thu	1:29	5.5	2:16	4.6	7:45	0.4	7:42	1.7	6:07	6:24	
24	Fri	2:01	5.4	3:14	4.2	8:31	0.4	8:23	2.2	6:05	6:25	
25	Sat	2:36	5.2	4:23	4.0	9:22	0.5	9:15	2.7	6:04	6:26	
26	Sun	3:18	5.0	5:48	3.9	10:21	0.6	10:26	3.0	6:02	6:27	
27	Mon	4:10	4.8	7:14	4.0	11:28	0.7	11:53	3.1	6:01	6:28	
28	Tue	5:14	4.7	8:14	4.2			12:35	0.6	5:59	6:29	
29	Wed	6:22	4.7	8:55	4.4	1:05	3.0	1:32	0.5	5:58	6:30	
30	Thu	7:26	4.8	9:28	4.6	2:01	2.7	2:20	0.3	5:56	6:31	
31	Fri	8:22	5.0	9:56	4.7	2:45	2.3	3:01	0.1	5:55	6:32	