US HARBORS www.USHarbors.com

Alcatraz Island, CA - Mar 2001

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:17	5.4	4:34	3.8	9:51	1.0	9:27	2.4	6:40	6:03	
2	Fri	4:04	5.5	6:15	3.7	11:01	0.7	10:33	2.8	6:39	6:04	
3	Sat	5:01	5.6	7:48	4.0			12:16	0.3	6:37	6:05	
4	Sun	6:07	5.7	8:54	4.3			1:25	-0.1	6:36	6:06	
5	Mon	7:15	5.9	9:42	4.7	1:14	3.0	2:24	-0.6	6:34	6:07	
6	Tue	8:19	6.2	10:24	5.0	2:19	2.7	3:17	-0.9	6:33	6:08	
7	Wed	9:19	6.4	11:02	5.2	3:16	2.3	4:04	-1.1	6:31	6:09	
8	Thu	10:14	6.5	11:39	5.5	4:08	1.8	4:49	-1.0	6:30	6:10	
9	Fri	11:08	6.4			4:58	1.3	5:31	-0.8	6:28	6:11	
10	Sat	12:15	5.7	12:01	6.1	5:48	0.9	6:12	-0.4	6:27	6:12	
11	Sun	12:52	5.8	12:55	5.7	6:38	0.6	6:52	0.2	6:25	6:13	
12	Mon	1:28	5.9	1:51	5.2	7:29	0.4	7:34	0.9	6:24	6:14	
13	Tue	2:06	5.8	2:52	4.7	8:22	0.3	8:18	1.6	6:22	6:15	
14	Wed	2:45	5.7	4:03	4.2	9:20	0.4	9:09	2.2	6:21	6:16	
15	Thu	3:29	5.5	5:30	4.0	10:25	0.4	10:14	2.7	6:19	6:17	
16	Fri	4:21	5.3	7:05	4.1	11:35	0.5	11:38	3.0	6:18	6:17	
17	Sat	5:22	5.1	8:18	4.3			12:45	0.4	6:16	6:18	
18	Sun	6:28	5.0	9:09	4.5	12:57	3.0	1:45	0.3	6:15	6:19	
19	Mon	7:31	5.0	9:47	4.6	2:00	2.9	2:36	0.2	6:13	6:20	
20	Tue	8:26	5.1	10:18	4.7	2:50	2.6	3:17	0.1	6:12	6:21	
21	Wed	9:14	5.2	10:45	4.8	3:31	2.2	3:53	0.1	6:10	6:22	
22	Thu	9:57	5.3	11:09	4.9	4:07	1.9	4:25	0.1	6:09	6:23	
23	Fri	10:38	5.3	11:33	5.0	4:40	1.6	4:55	0.2	6:07	6:24	
24	Sat	11:18	5.2	11:57	5.2	5:12	1.3	5:23	0.4	6:06	6:25	
25	Sun	11:59	5.1			5:44	1.0	5:52	0.7	6:04	6:26	
26	Mon	12:22	5.3	12:42	4.9	6:18	0.7	6:22	1.0	6:03	6:27	
27	Tue	12:49	5.4	1:28	4.6	6:56	0.5	6:54	1.4	6:01	6:28	
28	Wed	1:18	5.5	2:22	4.4	7:38	0.2	7:30	1.9	6:00	6:29	
29	Thu	1:52	5.6	3:26	4.1	8:26	0.1	8:13	2.4	5:58	6:29	
30	Fri	2:32	5.5	4:46	4.0	9:24	0.0	9:09	2.8	5:57	6:30	
31	Sat	3:23	5.4	6:14	4.0	10:31	0.0	10:27	3.1	5:55	6:31	