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# Alcatraz Island, CA - Mar 2003

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 10:16 | 6.0 | 11:53 | 5.1 | 4:21 | 2.3 | 4:59 | -0.6 | 6:41 | 6:02 | |
| 2 | Sun | 11:00 | 5.8 | | | 5:03 | 2.0 | 5:32 | -0.4 | 6:39 | 6:03 | |
| 3 | Mon | 12:22 | 5.1 | 11:41 AM | 5.6 | 5:42 | 1.8 | 6:03 | -0.1 | 6:38 | 6:04 | |
| 4 | Tue | 12:48 | 5.1 | 12:21 | 5.3 | 6:20 | 1.6 | 6:33 | 0.3 | 6:36 | 6:05 | |
| 5 | Wed | 1:12 | 5.2 | 1:02 | 4.9 | 6:57 | 1.4 | 7:02 | 0.8 | 6:35 | 6:06 | |
| 6 | Thu | 1:36 | 5.2 | 1:46 | 4.5 | 7:35 | 1.2 | 7:31 | 1.3 | 6:34 | 6:07 | |
| 7 | Fri | 2:00 | 5.2 | 2:35 | 4.1 | 8:17 | 1.1 | 8:01 | 1.9 | 6:32 | 6:08 | |
| 8 | Sat | 2:28 | 5.2 | 3:37 | 3.8 | 9:04 | 1.1 | 8:35 | 2.4 | 6:31 | 6:09 | |
| 9 | Sun | 3:02 | 5.2 | 5:04 | 3.6 | 10:00 | 1.0 | 9:19 | 2.9 | 6:29 | 6:10 | |
| 10 | Mon | 3:45 | 5.1 | 6:59 | 3.6 | 11:07 | 0.9 | 10:31 | 3.3 | 6:28 | 6:11 | |
| 11 | Tue | 4:41 | 5.1 | 8:24 | 3.9 | | | 12:19 | 0.7 | 6:26 | 6:12 | |
| 12 | Wed | 5:48 | 5.1 | 9:10 | 4.2 | 12:08 | 3.4 | 1:24 | 0.4 | 6:25 | 6:13 | |
| 13 | Thu | 6:55 | 5.3 | 9:44 | 4.4 | 1:23 | 3.3 | 2:17 | 0.0 | 6:23 | 6:14 | |
| 14 | Fri | 7:57 | 5.5 | 10:14 | 4.6 | 2:17 | 3.0 | 3:03 | -0.4 | 6:22 | 6:15 | |
| 15 | Sat | 8:52 | 5.8 | 10:44 | 4.9 | 3:02 | 2.6 | 3:43 | -0.6 | 6:20 | 6:16 | |
| 16 | Sun | 9:44 | 6.0 | 11:13 | 5.1 | 3:45 | 2.1 | 4:22 | -0.7 | 6:19 | 6:17 | |
| 17 | Mon | 10:36 | 6.0 | 11:43 | 5.4 | 4:29 | 1.5 | 4:59 | -0.6 | 6:17 | 6:18 | |
| 18 | Tue | 11:27 | 5.9 | | | 5:13 | 0.9 | 5:37 | -0.3 | 6:16 | 6:19 | |
| 19 | Wed | 12:15 | 5.7 | 12:21 | 5.7 | 6:00 | 0.4 | 6:15 | 0.2 | 6:14 | 6:20 | |
| 20 | Thu | 12:48 | 5.9 | 1:18 | 5.3 | 6:50 | 0.0 | 6:54 | 0.8 | 6:13 | 6:21 | |
| 21 | Fri | 1:24 | 6.1 | 2:21 | 4.8 | 7:43 | -0.3 | 7:36 | 1.5 | 6:11 | 6:22 | |
| 22 | Sat | 2:03 | 6.1 | 3:33 | 4.4 | 8:41 | -0.4 | 8:25 | 2.2 | 6:10 | 6:23 | |
| 23 | Sun | 2:49 | 6.0 | 4:59 | 4.2 | 9:46 | -0.3 | 9:26 | 2.8 | 6:08 | 6:24 | |
| 24 | Mon | 3:44 | 5.8 | 6:34 | 4.2 | 11:00 | -0.2 | 10:53 | 3.2 | 6:06 | 6:24 | |
| 25 | Tue | 4:51 | 5.6 | 7:53 | 4.4 | | | 12:17 | -0.2 | 6:05 | 6:25 | |
| 26 | Wed | 6:07 | 5.4 | 8:50 | 4.7 | 12:28 | 3.1 | 1:27 | -0.2 | 6:03 | 6:26 | |
| 27 | Thu | 7:21 | 5.3 | 9:33 | 4.9 | 1:44 | 2.8 | 2:25 | -0.3 | 6:02 | 6:27 | |
| 28 | Fri | 8:25 | 5.3 | 10:10 | 5.1 | 2:43 | 2.4 | 3:12 | -0.3 | 6:00 | 6:28 | |
| 29 | Sat | 9:20 | 5.3 | 10:41 | 5.1 | 3:31 | 1.9 | 3:52 | -0.1 | 5:59 | 6:29 | |
| 30 | Sun | 10:09 | 5.2 | 11:09 | 5.2 | 4:12 | 1.5 | 4:26 | 0.1 | 5:57 | 6:30 | |
| 31 | Mon | 10:53 | 5.1 | 11:33 | 5.2 | 4:50 | 1.2 | 4:57 | 0.4 | 5:56 | 6:31 | |