

































## 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	