

































## Alcatraz Island, CA - Mar 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:57	5.2	10:01	4.4	1:29	3.4	2:32	0.3	6:40	6:03	
2	Tue	7:55	5.4	10:30	4.5	2:25	3.2	3:15	0.0	6:38	6:04	
3	Wed	8:46	5.6	10:57	4.6	3:08	2.9	3:52	-0.3	6:37	6:05	
4	Thu	9:33	5.8	11:22	4.8	3:46	2.6	4:25	-0.4	6:35	6:06	
5	Fri	10:17	5.8	11:47	5.0	4:22	2.2	4:57	-0.5	6:34	6:07	
6	Sat	11:00	5.8			4:59	1.8	5:27	-0.4	6:32	6:08	
7	Sun	12:13	5.2	11:45 AM	5.7	5:37	1.4	5:59	-0.1	6:31	6:09	
8	Mon	12:40	5.4	12:32	5.4	6:19	1.0	6:31	0.3	6:29	6:10	
9	Tue	1:09	5.6	1:24	5.0	7:04	0.6	7:06	0.9	6:28	6:11	
10	Wed	1:40	5.8	2:24	4.6	7:54	0.3	7:43	1.6	6:27	6:12	
11	Thu	2:15	5.9	3:37	4.2	8:51	0.1	8:26	2.3	6:25	6:13	
12	Fri	2:58	5.9	5:09	3.9	9:56	0.0	9:22	2.9	6:24	6:14	
13	Sat	3:52	5.8	6:54	4.0	11:12	-0.1	10:43	3.3	6:22	6:15	
14	Sun	5:00	5.7	8:14	4.3			12:31	-0.2	6:21	6:16	
15	Mon	6:17	5.7	9:08	4.6	12:23	3.3	1:41	-0.4	6:19	6:17	
16	Tue	7:31	5.8	9:50	4.9	1:43	3.0	2:39	-0.6	6:18	6:18	
17	Wed	8:36	5.8	10:27	5.1	2:45	2.5	3:27	-0.7	6:16	6:19	
18	Thu	9:33	5.8	11:00	5.3	3:37	2.0	4:09	-0.6	6:14	6:20	
19	Fri	10:25	5.7	11:31	5.4	4:24	1.5	4:47	-0.4	6:13	6:21	
20	Sat	11:14	5.5			5:07	1.1	5:22	0.0	6:11	6:21	
21	Sun	12:00	5.5	12:01	5.2	5:48	0.8	5:55	0.5	6:10	6:22	
22	Mon	12:26	5.5	12:48	4.9	6:28	0.5	6:27	1.0	6:08	6:23	
23	Tue	12:52	5.5	1:36	4.6	7:07	0.4	6:59	1.6	6:07	6:24	
24	Wed	1:17	5.5	2:29	4.2	7:48	0.3	7:32	2.2	6:05	6:25	
25	Thu	1:44	5.4	3:31	3.9	8:31	0.4	8:09	2.7	6:04	6:26	
26	Fri	2:16	5.3	4:51	3.8	9:22	0.5	8:56	3.1	6:02	6:27	
27	Sat	2:57	5.1	6:33	3.8	10:22	0.6	10:12	3.4	6:01	6:28	
28	Sun	3:51	4.9	7:53	4.0	11:34	0.6	11:53	3.5	5:59	6:29	
29	Mon	5:00	4.7	8:39	4.2			12:43	0.5	5:58	6:30	
30	Tue	6:14	4.8	9:11	4.3	1:08	3.2	1:40	0.3	5:56	6:31	
31	Wed	7:21	4.9	9:38	4.5	2:01	2.9	2:26	0.1	5:55	6:32	