

































Alcatraz Island, CA - Mar 2006

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:37	5.8	12:32	5.9	6:17	0.7	6:35	-0.1	6:40	6:03	
2	Thu	1:11	6.0	1:29	5.4	7:10	0.4	7:14	0.6	6:39	6:04	
3	Fri	1:47	6.1	2:32	4.8	8:05	0.2	7:55	1.4	6:37	6:05	
4	Sat	2:25	6.1	3:46	4.3	9:05	0.1	8:41	2.2	6:36	6:06	
5	Sun	3:08	6.0	5:18	4.0	10:12	0.2	9:39	2.8	6:35	6:07	
6	Mon	3:59	5.8	7:01	4.0	11:28	0.2	11:01	3.3	6:33	6:08	
7	Tue	5:01	5.5	8:22	4.3			12:44	0.2	6:32	6:09	
8	Wed	6:12	5.3	9:16	4.5	12:34	3.3	1:51	0.1	6:30	6:10	
9	Thu	7:21	5.3	9:56	4.7	1:47	3.2	2:45	0.0	6:29	6:11	
10	Fri	8:21	5.4	10:29	4.8	2:43	2.8	3:28	-0.1	6:27	6:12	
11	Sat	9:11	5.4	10:57	4.8	3:28	2.5	4:04	-0.1	6:26	6:12	
12	Sun	9:54	5.4	11:21	4.9	4:06	2.1	4:34	0.0	6:24	6:13	
13	Mon	10:35	5.3	11:42	5.0	4:42	1.8	5:01	0.2	6:23	6:14	
14	Tue	11:13	5.2			5:15	1.5	5:26	0.4	6:21	6:15	
15	Wed	12:02	5.1	11:52 AM	5.0	5:47	1.2	5:50	0.7	6:20	6:16	
16	Thu	12:23	5.2	12:33	4.7	6:20	0.9	6:15	1.2	6:18	6:17	
17	Fri	12:44	5.4	1:16	4.5	6:54	0.7	6:41	1.6	6:17	6:18	
18	Sat	1:08	5.5	2:06	4.2	7:32	0.5	7:09	2.1	6:15	6:19	
19	Sun	1:35	5.5	3:06	3.9	8:15	0.4	7:41	2.6	6:14	6:20	
20	Mon	2:09	5.5	4:26	3.7	9:08	0.3	8:20	3.0	6:12	6:21	
21	Tue	2:52	5.4	6:10	3.7	10:12	0.2	9:21	3.4	6:11	6:22	
22	Wed	3:51	5.4	7:40	3.9	11:27	0.1	11:03	3.5	6:09	6:23	
23	Thu	5:06	5.4	8:32	4.2			12:40	-0.2	6:08	6:24	
24	Fri	6:25	5.5	9:09	4.5	12:40	3.3	1:43	-0.5	6:06	6:25	
25	Sat	7:38	5.6	9:42	4.8	1:49	2.8	2:35	-0.7	6:05	6:26	
26	Sun	8:43	5.8	10:13	5.2	2:46	2.1	3:21	-0.7	6:03	6:27	
27	Mon	9:43	5.9	10:45	5.5	3:37	1.4	4:03	-0.5	6:01	6:27	
28	Tue	10:41	5.8	11:17	5.9	4:26	0.7	4:43	-0.2	6:00	6:28	
29	Wed	11:38	5.6	11:50	6.1	5:14	0.0	5:22	0.4	5:58	6:29	
30	Thu			12:35	5.3	6:03	-0.4	6:02	1.0	5:57	6:30	
31	Fri	12:24	6.3	1:35	4.9	6:52	-0.7	6:43	1.7	5:55	6:31	