

































## Alcatraz Island, CA - Mar 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:40	5.8	11:23	5.0	3:49	2.4	4:30	-0.4	6:41	6:02	
2	Fri	10:25	5.7	11:50	5.1	4:31	2.1	5:02	-0.2	6:39	6:03	
3	Sat	11:06	5.5			5:10	1.8	5:31	0.0	6:38	6:04	
4	Sun	12:14	5.1	11:46 AM	5.3	5:46	1.5	5:58	0.4	6:36	6:05	
5	Mon	12:36	5.2	12:25	5.0	6:21	1.3	6:23	0.8	6:35	6:06	
6	Tue	12:57	5.3	1:06	4.6	6:56	1.1	6:49	1.3	6:33	6:07	
7	Wed	1:19	5.4	1:51	4.3	7:33	0.9	7:16	1.8	6:32	6:08	
8	Thu	1:43	5.4	2:43	4.0	8:14	0.8	7:43	2.3	6:31	6:09	
9	Fri	2:12	5.4	3:50	3.7	9:01	0.8	8:14	2.8	6:29	6:10	
10	Sat	2:49	5.3	5:28	3.5	9:59	0.8	8:54	3.2	6:28	6:11	
11	Sun	4:36	5.2	8:30	3.6			12:09	0.7	7:26	7:12	
12	Mon	5:39	5.2	9:35	3.9			1:23	0.4	7:25	7:13	
13	Tue	6:52	5.2	10:10	4.2	1:05	3.5	2:27	0.1	7:23	7:14	
14	Wed	8:03	5.4	10:40	4.4	2:22	3.3	3:19	-0.3	7:22	7:15	
15	Thu	9:06	5.7	11:08	4.7	3:18	2.8	4:04	-0.6	7:20	7:16	
16	Fri	10:04	5.9	11:36	5.0	4:06	2.3	4:44	-0.7	7:19	7:17	
17	Sat	10:58	6.0			4:52	1.6	5:23	-0.6	7:17	7:18	
18	Sun	12:05	5.4	11:53 AM	5.9	5:38	0.9	6:01	-0.3	7:16	7:19	
19	Mon	12:36	5.7	12:48	5.7	6:26	0.3	6:38	0.2	7:14	7:20	
20	Tue	1:08	6.1	1:45	5.4	7:14	-0.2	7:17	0.9	7:13	7:21	
21	Wed	1:42	6.3	2:46	5.0	8:06	-0.5	7:58	1.5	7:11	7:22	
22	Thu	2:20	6.4	3:54	4.5	9:00	-0.6	8:43	2.2	7:09	7:23	
23	Fri	3:03	6.3	5:12	4.2	10:00	-0.5	9:37	2.8	7:08	7:24	
24	Sat	3:53	6.0	6:42	4.1	11:09	-0.4	10:51	3.2	7:06	7:24	
25	Sun	4:54	5.7	8:08	4.3			12:26	-0.2	7:05	7:25	
26	Mon	6:08	5.4	9:12	4.5	12:28	3.3	1:42	-0.1	7:03	7:26	
27	Tue	7:27	5.2	9:59	4.7	1:55	3.0	2:46	-0.1	7:02	7:27	
28	Wed	8:38	5.1	10:37	4.9	3:02	2.6	3:37	-0.1	7:00	7:28	
29	Thu	9:39	5.1	11:09	5.0	3:54	2.1	4:18	0.0	6:59	7:29	
30	Fri	10:31	5.0	11:36	5.1	4:38	1.7	4:53	0.2	6:57	7:30	
31	Sat	11:17	4.9			5:17	1.3	5:23	0.5	6:56	7:31	