

## Alcatraz Island, CA - Mar 2008

| Date |     | High  |     |       |     | Low   |      |       |      | ☀    |      | ☾    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|------|------|------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise | Set  | Moon |
| 1    | Sat | 5:53  | 5.2 | 9:23  | 4.1 | 12:13 | 3.5  | 1:38  | 0.5  | 6:40 | 6:03 | ☾    |
| 2    | Sun | 7:00  | 5.3 | 9:53  | 4.3 | 1:28  | 3.4  | 2:28  | 0.2  | 6:38 | 6:04 | ☾    |
| 3    | Mon | 7:58  | 5.5 | 10:18 | 4.5 | 2:21  | 3.1  | 3:09  | -0.1 | 6:37 | 6:05 | ☾    |
| 4    | Tue | 8:50  | 5.7 | 10:43 | 4.7 | 3:04  | 2.7  | 3:45  | -0.3 | 6:35 | 6:06 | ☾    |
| 5    | Wed | 9:38  | 5.8 | 11:08 | 4.9 | 3:43  | 2.3  | 4:18  | -0.4 | 6:34 | 6:07 | ☾    |
| 6    | Thu | 10:25 | 5.8 | 11:33 | 5.2 | 4:22  | 1.8  | 4:50  | -0.3 | 6:32 | 6:08 | ☾    |
| 7    | Fri | 11:12 | 5.7 |       |     | 5:01  | 1.3  | 5:23  | -0.1 | 6:31 | 6:09 | ●    |
| 8    | Sat | 12:00 | 5.5 | 12:02 | 5.5 | 5:44  | 0.8  | 5:56  | 0.3  | 6:29 | 6:10 | ●    |
| 9    | Sun | 12:29 | 5.8 | 1:54  | 5.2 | 7:29  | 0.3  | 7:32  | 0.9  | 7:28 | 7:11 | ●    |
| 10   | Mon | 2:01  | 6.0 | 2:52  | 4.8 | 8:17  | 0.0  | 8:09  | 1.5  | 7:26 | 7:12 | ●    |
| 11   | Tue | 2:36  | 6.2 | 3:59  | 4.4 | 9:11  | -0.2 | 8:51  | 2.1  | 7:25 | 7:13 | ☾    |
| 12   | Wed | 3:18  | 6.2 | 5:20  | 4.0 | 10:12 | -0.2 | 9:42  | 2.7  | 7:23 | 7:14 | ☾    |
| 13   | Thu | 4:08  | 6.1 | 6:56  | 4.0 | 11:23 | -0.2 | 10:52 | 3.1  | 7:22 | 7:15 | ☾    |
| 14   | Fri | 5:12  | 5.9 | 8:25  | 4.2 |       |      | 12:43 | -0.2 | 7:20 | 7:16 | ☾    |
| 15   | Sat | 6:27  | 5.7 | 9:28  | 4.5 | 12:29 | 3.3  | 1:59  | -0.3 | 7:19 | 7:17 | ☾    |
| 16   | Sun | 7:45  | 5.6 | 10:14 | 4.7 | 2:00  | 3.0  | 3:03  | -0.4 | 7:17 | 7:18 | ☾    |
| 17   | Mon | 8:56  | 5.6 | 10:53 | 5.0 | 3:09  | 2.6  | 3:54  | -0.4 | 7:16 | 7:19 | ☾    |
| 18   | Tue | 9:57  | 5.6 | 11:27 | 5.2 | 4:04  | 2.1  | 4:37  | -0.3 | 7:14 | 7:20 | ☾    |
| 19   | Wed | 10:51 | 5.5 | 11:57 | 5.4 | 4:52  | 1.6  | 5:14  | -0.1 | 7:13 | 7:21 | ☾    |
| 20   | Thu | 11:41 | 5.4 |       |     | 5:36  | 1.1  | 5:48  | 0.2  | 7:11 | 7:21 | ☾    |
| 21   | Fri | 12:25 | 5.5 | 12:27 | 5.1 | 6:16  | 0.8  | 6:19  | 0.6  | 7:10 | 7:22 | ☾    |
| 22   | Sat | 12:51 | 5.5 | 1:13  | 4.9 | 6:54  | 0.5  | 6:50  | 1.1  | 7:08 | 7:23 | ☾    |
| 23   | Sun | 1:15  | 5.6 | 1:59  | 4.6 | 7:30  | 0.3  | 7:20  | 1.6  | 7:07 | 7:24 | ☾    |
| 24   | Mon | 1:39  | 5.6 | 2:46  | 4.3 | 8:07  | 0.2  | 7:50  | 2.1  | 7:05 | 7:25 | ☾    |
| 25   | Tue | 2:05  | 5.5 | 3:38  | 4.1 | 8:46  | 0.2  | 8:22  | 2.6  | 7:04 | 7:26 | ☾    |
| 26   | Wed | 2:34  | 5.4 | 4:39  | 3.8 | 9:29  | 0.3  | 8:58  | 3.0  | 7:02 | 7:27 | ☾    |
| 27   | Thu | 3:10  | 5.3 | 5:59  | 3.7 | 10:20 | 0.4  | 9:45  | 3.3  | 7:01 | 7:28 | ☾    |
| 28   | Fri | 3:55  | 5.1 | 7:35  | 3.7 | 11:22 | 0.5  | 11:05 | 3.5  | 6:59 | 7:29 | ☾    |
| 29   | Sat | 4:55  | 4.9 | 8:45  | 3.9 |       |      | 12:32 | 0.5  | 6:58 | 7:30 | ☾    |
| 30   | Sun | 6:06  | 4.8 | 9:24  | 4.1 | 12:49 | 3.4  | 1:38  | 0.4  | 6:56 | 7:31 | ☾    |
| 31   | Mon | 7:19  | 4.8 | 9:53  | 4.3 | 2:02  | 3.1  | 2:32  | 0.2  | 6:55 | 7:32 | ☾    |