

































Alcatraz Island, CA - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:56	5.8	3:03	4.1	8:24	0.5	8:00	2.1	6:40	6:03	
2	Mon	2:34	5.9	4:24	3.8	9:23	0.3	8:46	2.6	6:38	6:04	
3	Tue	3:21	5.9	6:06	3.7	10:34	0.2	9:51	3.1	6:37	6:05	
4	Wed	4:23	5.8	7:39	4.0	11:53	0.0	11:23	3.3	6:36	6:06	
5	Thu	5:36	5.8	8:40	4.3			1:07	-0.3	6:34	6:07	
6	Fri	6:52	5.9	9:25	4.6	12:54	3.1	2:09	-0.5	6:33	6:08	
7	Sat	8:02	6.0	10:03	5.0	2:05	2.7	3:01	-0.7	6:31	6:09	
8	Sun	10:04	6.1	11:38	5.3	4:03	2.1	4:46	-0.7	7:30	7:10	
9	Mon	11:00	6.1			4:55	1.5	5:27	-0.5	7:28	7:11	
10	Tue	12:12	5.5	11:54 AM	5.9	5:44	1.0	6:05	-0.2	7:27	7:12	
11	Wed	12:44	5.7	12:45	5.6	6:31	0.6	6:41	0.3	7:25	7:13	
12	Thu	1:16	5.9	1:37	5.2	7:16	0.3	7:17	0.8	7:24	7:14	
13	Fri	1:47	5.9	2:29	4.8	8:01	0.1	7:53	1.4	7:22	7:15	
14	Sat	2:18	5.9	3:25	4.4	8:47	0.1	8:31	2.0	7:21	7:16	
15	Sun	2:51	5.7	4:28	4.1	9:35	0.2	9:12	2.6	7:19	7:17	
16	Mon	3:28	5.5	5:47	3.8	10:30	0.4	10:04	3.0	7:18	7:18	
17	Tue	4:12	5.3	7:24	3.8	11:34	0.5	11:20	3.3	7:16	7:18	
18	Wed	5:08	5.0	8:46	4.0			12:46	0.6	7:15	7:19	
19	Thu	6:16	4.9	9:36	4.1	12:54	3.3	1:53	0.5	7:13	7:20	
20	Fri	7:28	4.8	10:11	4.3	2:08	3.1	2:49	0.4	7:12	7:21	
21	Sat	8:31	4.9	10:38	4.5	3:03	2.8	3:33	0.3	7:10	7:22	
22	Sun	9:27	5.0	11:01	4.7	3:48	2.4	4:10	0.2	7:09	7:23	
23	Mon	10:16	5.1	11:24	4.9	4:27	1.9	4:42	0.2	7:07	7:24	
24	Tue	11:02	5.1	11:47	5.1	5:02	1.5	5:12	0.4	7:06	7:25	
25	Wed	11:48	5.1			5:37	1.0	5:42	0.6	7:04	7:26	
26	Thu	12:12	5.4	12:35	5.0	6:12	0.5	6:13	0.9	7:03	7:27	
27	Fri	12:38	5.7	1:23	4.9	6:49	0.1	6:45	1.4	7:01	7:28	
28	Sat	1:07	5.9	2:16	4.7	7:30	-0.2	7:20	1.8	7:00	7:29	
29	Sun	1:39	6.0	3:13	4.4	8:15	-0.5	7:59	2.3	6:58	7:30	
30	Mon	2:17	6.1	4:19	4.2	9:06	-0.5	8:44	2.7	6:57	7:30	
31	Tue	3:02	6.0	5:36	4.0	10:05	-0.5	9:42	3.0	6:55	7:31	