

































## Alcatraz Island, CA - Mar 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:01	5.8	11:59 AM	6.0	5:42	0.6	6:00	-0.1	6:40	6:03	
2	Tue	12:37	6.1	12:54	5.6	6:33	0.2	6:40	0.5	6:39	6:04	
3	Wed	1:13	6.2	1:52	5.1	7:25	0.1	7:21	1.2	6:37	6:05	
4	Thu	1:52	6.2	2:55	4.6	8:20	0.0	8:05	1.8	6:36	6:06	
5	Fri	2:33	6.1	4:09	4.1	9:20	0.1	8:56	2.4	6:35	6:07	
6	Sat	3:20	5.8	5:40	4.0	10:27	0.3	10:04	2.9	6:33	6:08	
7	Sun	4:16	5.5	7:13	4.0	11:41	0.4	11:32	3.1	6:32	6:09	
8	Mon	5:22	5.3	8:22	4.3			12:53	0.4	6:30	6:10	
9	Tue	6:32	5.2	9:10	4.5	12:54	3.1	1:53	0.3	6:29	6:11	
10	Wed	7:36	5.2	9:47	4.6	1:58	2.8	2:42	0.2	6:27	6:12	
11	Thu	8:31	5.2	10:17	4.7	2:48	2.5	3:22	0.1	6:26	6:13	
12	Fri	9:19	5.3	10:42	4.8	3:30	2.1	3:55	0.2	6:24	6:13	
13	Sat	10:02	5.2	11:04	5.0	4:08	1.8	4:25	0.3	6:23	6:14	
14	Sun	11:43	5.2			5:42	1.5	5:52	0.5	7:21	7:15	
15	Mon	12:26	5.1	12:23	5.0	6:14	1.1	6:19	0.7	7:20	7:16	
16	Tue	12:48	5.3	1:04	4.9	6:46	0.8	6:46	1.1	7:18	7:17	
17	Wed	1:12	5.5	1:47	4.7	7:20	0.6	7:14	1.4	7:17	7:18	
18	Thu	1:38	5.6	2:33	4.5	7:56	0.4	7:44	1.8	7:15	7:19	
19	Fri	2:07	5.7	3:26	4.2	8:36	0.2	8:18	2.2	7:14	7:20	
20	Sat	2:40	5.7	4:29	3.9	9:24	0.1	8:58	2.6	7:12	7:21	
21	Sun	3:21	5.6	5:49	3.8	10:21	0.1	9:51	3.0	7:11	7:22	
22	Mon	4:14	5.5	7:16	3.8	11:29	0.1	11:09	3.2	7:09	7:23	
23	Tue	5:20	5.4	8:28	4.1			12:43	0.0	7:08	7:24	
24	Wed	6:37	5.4	9:18	4.4	12:43	3.1	1:52	-0.2	7:06	7:25	
25	Thu	7:54	5.5	9:58	4.8	2:04	2.7	2:50	-0.4	7:04	7:26	
26	Fri	9:04	5.6	10:34	5.1	3:07	2.1	3:40	-0.4	7:03	7:27	
27	Sat	10:08	5.6	11:09	5.5	4:02	1.4	4:25	-0.3	7:01	7:27	
28	Sun	11:08	5.6	11:43	5.9	4:53	0.6	5:07	0.0	7:00	7:28	
29	Mon			12:05	5.5	5:42	0.0	5:48	0.4	6:58	7:29	
30	Tue	12:18	6.1	1:01	5.3	6:29	-0.4	6:29	0.9	6:57	7:30	
31	Wed	12:54	6.3	1:57	5.1	7:16	-0.7	7:10	1.5	6:55	7:31	