

































Alcatraz Island, CA - Mar 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	9:09	5.7	10:46	5.0	3:16	2.3	3:54	-0.1	6:41	6:02	
2	Wed	9:55	5.6	11:15	5.1	4:00	2.0	4:28	0.0	6:39	6:03	
3	Thu	10:38	5.5	11:40	5.1	4:39	1.7	4:58	0.1	6:38	6:04	
4	Fri	11:18	5.3			5:15	1.5	5:27	0.4	6:36	6:05	
5	Sat	12:03	5.2	11:57 AM	5.1	5:49	1.2	5:54	0.7	6:35	6:06	
6	Sun	12:26	5.3	12:36	4.9	6:22	1.0	6:22	1.1	6:33	6:07	
7	Mon	12:49	5.4	1:17	4.6	6:56	0.9	6:50	1.5	6:32	6:08	
8	Tue	1:15	5.4	2:01	4.3	7:33	0.8	7:19	1.9	6:30	6:09	
9	Wed	1:44	5.5	2:54	4.0	8:14	0.7	7:52	2.3	6:29	6:10	
10	Thu	2:18	5.4	4:00	3.7	9:03	0.7	8:32	2.7	6:28	6:11	
11	Fri	3:01	5.3	5:27	3.6	10:03	0.7	9:27	3.0	6:26	6:12	
12	Sat	3:54	5.3	6:58	3.7	11:13	0.6	10:51	3.2	6:25	6:13	
13	Sun	6:00	5.3	9:02	4.0			1:23	0.3	7:23	7:14	
14	Mon	7:11	5.3	9:46	4.3	1:19	3.1	2:25	0.0	7:22	7:15	
15	Tue	8:20	5.5	10:22	4.6	2:28	2.7	3:17	-0.2	7:20	7:16	
16	Wed	9:23	5.7	10:56	5.0	3:24	2.2	4:02	-0.4	7:19	7:17	
17	Thu	10:22	5.9	11:29	5.4	4:15	1.5	4:45	-0.4	7:17	7:18	
18	Fri	11:19	5.9			5:04	0.9	5:26	-0.2	7:16	7:19	
19	Sat	12:03	5.8	12:15	5.8	5:52	0.2	6:06	0.2	7:14	7:20	
20	Sun	12:39	6.1	1:11	5.6	6:41	-0.3	6:48	0.6	7:12	7:21	
21	Mon	1:16	6.3	2:08	5.3	7:31	-0.6	7:30	1.2	7:11	7:22	
22	Tue	1:55	6.4	3:08	4.9	8:23	-0.7	8:16	1.7	7:09	7:23	
23	Wed	2:38	6.4	4:15	4.6	9:19	-0.6	9:07	2.2	7:08	7:24	
24	Thu	3:27	6.1	5:30	4.3	10:20	-0.4	10:11	2.7	7:06	7:24	
25	Fri	4:22	5.8	6:52	4.2	11:29	-0.1	11:33	2.9	7:05	7:25	
26	Sat	5:27	5.4	8:08	4.4			12:42	0.0	7:03	7:26	
27	Sun	6:40	5.1	9:07	4.6	1:01	2.8	1:51	0.1	7:02	7:27	
28	Mon	7:54	5.0	9:52	4.8	2:16	2.5	2:48	0.2	7:00	7:28	
29	Tue	8:59	4.9	10:29	4.9	3:15	2.1	3:36	0.3	6:59	7:29	
30	Wed	9:56	4.9	10:59	5.0	4:03	1.7	4:15	0.4	6:57	7:30	
31	Thu	10:45	4.9	11:25	5.2	4:45	1.3	4:49	0.6	6:56	7:31	