

































Alcatraz Island, CA - Mar 2012

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:01	5.1	8:05	3.8			12:32	0.8	6:39	6:03	
2	Fri	6:06	5.2	8:53	4.1	12:17	3.1	1:31	0.5	6:38	6:04	
3	Sat	7:09	5.3	9:29	4.4	1:25	2.9	2:20	0.2	6:37	6:05	
4	Sun	8:07	5.5	10:00	4.6	2:17	2.6	3:01	0.0	6:35	6:06	
5	Mon	8:59	5.7	10:30	4.9	3:03	2.2	3:39	-0.2	6:34	6:07	
6	Tue	9:50	5.8	11:00	5.2	3:45	1.8	4:15	-0.3	6:32	6:08	
7	Wed	10:39	5.9	11:31	5.5	4:27	1.2	4:51	-0.1	6:31	6:09	
8	Thu	11:30	5.8			5:11	0.7	5:28	0.1	6:29	6:10	
9	Fri	12:04	5.8	12:21	5.6	5:57	0.3	6:07	0.5	6:28	6:11	
10	Sat	12:39	6.1	1:16	5.2	6:45	0.0	6:47	1.0	6:26	6:12	
11	Sun	1:18	6.2	3:16	4.9	8:37	-0.2	8:31	1.5	7:25	7:13	
12	Mon	3:00	6.2	4:23	4.5	9:34	-0.3	9:21	2.1	7:23	7:14	
13	Tue	3:50	6.1	5:42	4.2	10:39	-0.2	10:23	2.5	7:22	7:15	
14	Wed	4:48	5.9	7:08	4.2	11:52	-0.1	11:45	2.8	7:20	7:16	
15	Thu	5:56	5.7	8:26	4.4			1:07	0.0	7:19	7:17	
16	Fri	7:10	5.5	9:26	4.7	1:15	2.7	2:16	-0.1	7:17	7:18	
17	Sat	8:22	5.5	10:12	4.9	2:31	2.4	3:13	-0.1	7:16	7:19	
18	Sun	9:26	5.4	10:52	5.1	3:32	2.0	4:01	-0.1	7:14	7:20	
19	Mon	10:22	5.4	11:26	5.3	4:22	1.6	4:42	0.1	7:13	7:21	
20	Tue	11:12	5.3	11:57	5.4	5:07	1.2	5:19	0.3	7:11	7:21	
21	Wed	11:58	5.2			5:47	0.9	5:52	0.6	7:10	7:22	
22	Thu	12:24	5.5	12:42	5.0	6:24	0.6	6:24	0.9	7:08	7:23	
23	Fri	12:50	5.5	1:25	4.8	6:59	0.5	6:56	1.3	7:07	7:24	
24	Sat	1:16	5.5	2:07	4.6	7:33	0.3	7:27	1.7	7:05	7:25	
25	Sun	1:42	5.5	2:51	4.4	8:09	0.3	8:00	2.0	7:04	7:26	
26	Mon	2:11	5.4	3:39	4.1	8:47	0.3	8:35	2.4	7:02	7:27	
27	Tue	2:44	5.3	4:35	3.9	9:30	0.4	9:15	2.7	7:01	7:28	
28	Wed	3:24	5.2	5:43	3.8	10:20	0.5	10:08	2.9	6:59	7:29	
29	Thu	4:12	5.0	7:00	3.8	11:20	0.6	11:24	3.1	6:58	7:30	
30	Fri	5:12	4.8	8:07	4.0			12:26	0.5	6:56	7:31	
31	Sat	6:21	4.8	8:55	4.2	12:50	3.0	1:29	0.4	6:55	7:32	