

































Alcatraz Island, CA - Mar 2014

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:28	6.2			5:12	0.9	5:37	-0.4	6:40	6:03	
2	Sun	12:17	5.9	12:20	5.9	6:01	0.6	6:19	0.0	6:39	6:04	
3	Mon	12:55	6.0	1:13	5.5	6:51	0.4	7:00	0.5	6:37	6:05	
4	Tue	1:33	6.0	2:09	5.0	7:43	0.4	7:44	1.1	6:36	6:06	
5	Wed	2:14	5.9	3:10	4.6	8:37	0.4	8:31	1.7	6:34	6:07	
6	Thu	2:57	5.7	4:20	4.2	9:36	0.5	9:26	2.2	6:33	6:08	
7	Fri	3:45	5.5	5:44	4.0	10:43	0.7	10:35	2.6	6:32	6:09	
8	Sat	4:41	5.2	7:09	4.1	11:55	0.7	11:54	2.8	6:30	6:10	
9	Sun	6:44	5.1	9:16	4.2			2:01	0.6	7:29	7:11	
10	Mon	7:49	5.0	10:04	4.4	2:06	2.7	2:58	0.5	7:27	7:12	
11	Tue	8:48	5.1	10:41	4.6	3:04	2.5	3:44	0.4	7:26	7:13	
12	Wed	9:39	5.2	11:12	4.8	3:52	2.2	4:23	0.3	7:24	7:14	
13	Thu	10:25	5.3	11:40	4.9	4:33	1.9	4:57	0.3	7:23	7:14	
14	Fri	11:08	5.3			5:10	1.6	5:27	0.4	7:21	7:15	
15	Sat	12:05	5.0	11:48 AM	5.3	5:44	1.3	5:56	0.5	7:20	7:16	
16	Sun	12:31	5.2	12:29	5.2	6:17	1.1	6:25	0.6	7:18	7:17	
17	Mon	12:58	5.4	1:10	5.1	6:51	0.8	6:55	0.9	7:17	7:18	
18	Tue	1:26	5.5	1:53	4.9	7:27	0.5	7:27	1.2	7:15	7:19	
19	Wed	1:57	5.6	2:40	4.7	8:06	0.3	8:02	1.5	7:14	7:20	
20	Thu	2:30	5.6	3:34	4.4	8:51	0.2	8:42	1.9	7:12	7:21	
21	Fri	3:09	5.6	4:38	4.2	9:42	0.2	9:30	2.3	7:11	7:22	
22	Sat	3:56	5.6	5:54	4.0	10:42	0.1	10:32	2.6	7:09	7:23	
23	Sun	4:54	5.5	7:15	4.1	11:52	0.1	11:54	2.7	7:07	7:24	
24	Mon	6:04	5.4	8:25	4.3			1:04	0.0	7:06	7:25	
25	Tue	7:19	5.4	9:20	4.7	1:20	2.6	2:10	-0.1	7:04	7:26	
26	Wed	8:31	5.5	10:05	5.0	2:32	2.2	3:07	-0.2	7:03	7:27	
27	Thu	9:37	5.6	10:46	5.4	3:32	1.6	3:57	-0.3	7:01	7:28	
28	Fri	10:37	5.7	11:24	5.7	4:25	1.0	4:43	-0.1	7:00	7:28	
29	Sat	11:33	5.6			5:14	0.5	5:27	0.1	6:58	7:29	
30	Sun	12:01	5.9	12:26	5.5	6:01	0.1	6:09	0.4	6:57	7:30	
31	Mon	12:38	6.1	1:19	5.3	6:47	-0.2	6:50	0.8	6:55	7:31	