

































Alcatraz Island, CA - Mar 2015

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:35	5.6	10:19	4.9	2:40	2.4	3:26	0.1	6:40	6:02	
2	Mon	9:22	5.6	10:53	5.0	3:28	2.2	4:04	0.0	6:39	6:03	
3	Tue	10:05	5.6	11:22	5.0	4:09	1.9	4:37	0.1	6:38	6:04	
4	Wed	10:45	5.5	11:49	5.1	4:46	1.7	5:07	0.2	6:36	6:05	
5	Thu	11:22	5.4			5:20	1.5	5:35	0.4	6:35	6:06	
6	Fri	12:14	5.1	12:00	5.2	5:53	1.3	6:03	0.6	6:33	6:07	
7	Sat	12:39	5.2	12:37	5.0	6:26	1.2	6:32	0.9	6:32	6:08	
8	Sun	1:05	5.3	2:17	4.7	8:01	1.0	8:01	1.2	7:30	7:09	
9	Mon	2:34	5.3	3:01	4.5	8:39	0.9	8:34	1.6	7:29	7:10	
10	Tue	3:06	5.3	3:53	4.2	9:23	0.9	9:10	2.0	7:28	7:11	
11	Wed	3:43	5.3	4:58	3.9	10:14	0.8	9:56	2.4	7:26	7:12	
12	Thu	4:29	5.3	6:20	3.8	11:16	0.7	10:58	2.7	7:25	7:13	
13	Fri	5:25	5.2	7:45	3.9			12:25	0.6	7:23	7:14	
14	Sat	6:31	5.3	8:54	4.2	12:18	2.8	1:34	0.3	7:22	7:15	
15	Sun	7:41	5.4	9:45	4.5	1:38	2.7	2:35	0.0	7:20	7:16	
16	Mon	8:47	5.7	10:28	4.9	2:45	2.4	3:28	-0.3	7:19	7:17	
17	Tue	9:48	5.9	11:07	5.2	3:41	1.9	4:17	-0.5	7:17	7:18	
18	Wed	10:45	6.0	11:45	5.6	4:32	1.3	5:02	-0.5	7:15	7:19	
19	Thu	11:41	6.1			5:22	0.7	5:46	-0.4	7:14	7:20	
20	Fri	12:23	5.9	12:35	6.0	6:11	0.3	6:29	-0.1	7:12	7:21	
21	Sat	1:02	6.1	1:30	5.7	7:01	-0.1	7:13	0.4	7:11	7:22	
22	Sun	1:42	6.2	2:26	5.4	7:51	-0.3	7:58	0.9	7:09	7:23	
23	Mon	2:23	6.2	3:25	5.0	8:44	-0.3	8:46	1.4	7:08	7:24	
24	Tue	3:07	6.0	4:30	4.6	9:40	-0.2	9:40	2.0	7:06	7:25	
25	Wed	3:56	5.8	5:44	4.4	10:42	0.0	10:46	2.4	7:05	7:25	
26	Thu	4:51	5.4	7:04	4.3	11:50	0.2			7:03	7:26	
27	Fri	5:54	5.1	8:18	4.4	12:06	2.6	1:01	0.3	7:02	7:27	
28	Sat	7:04	4.9	9:16	4.6	1:25	2.6	2:06	0.4	7:00	7:28	
29	Sun	8:12	4.8	10:01	4.8	2:32	2.3	3:01	0.4	6:59	7:29	
30	Mon	9:13	4.9	10:37	4.9	3:26	2.0	3:46	0.4	6:57	7:30	
31	Tue	10:04	4.9	11:08	5.0	4:11	1.7	4:25	0.5	6:56	7:31	