

































Alcatraz Island, CA - Mar 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:24	5.1	6:28	3.6	11:26	1.1	11:03	2.8	6:39	6:03	
2	Wed	5:22	5.1	7:50	3.9			12:33	0.8	6:38	6:04	
3	Thu	6:25	5.2	8:46	4.1	12:22	2.9	1:32	0.5	6:37	6:05	
4	Fri	7:25	5.4	9:28	4.5	1:29	2.8	2:22	0.1	6:35	6:06	
5	Sat	8:21	5.7	10:05	4.8	2:22	2.5	3:07	-0.2	6:34	6:07	
6	Sun	9:14	5.9	10:40	5.1	3:09	2.1	3:48	-0.5	6:32	6:08	
7	Mon	10:04	6.1	11:15	5.3	3:55	1.7	4:29	-0.6	6:31	6:09	
8	Tue	10:55	6.1	11:51	5.6	4:40	1.2	5:09	-0.5	6:29	6:10	
9	Wed	11:46	6.1			5:26	0.8	5:50	-0.3	6:28	6:11	
10	Thu	12:28	5.9	12:39	5.8	6:14	0.4	6:32	0.1	6:26	6:12	
11	Fri	1:06	6.0	1:35	5.4	7:05	0.1	7:16	0.6	6:25	6:13	
12	Sat	1:48	6.1	2:36	5.0	8:00	0.0	8:04	1.2	6:23	6:14	
13	Sun	3:33	6.1	4:46	4.6	10:01	0.0	9:59	1.8	7:22	7:15	
14	Mon	4:25	5.9	6:07	4.3	11:09	0.1	11:07	2.3	7:20	7:16	
15	Tue	5:24	5.7	7:32	4.3			12:24	0.1	7:19	7:17	
16	Wed	6:32	5.5	8:47	4.5	12:28	2.5	1:38	0.1	7:17	7:18	
17	Thu	7:42	5.4	9:46	4.8	1:49	2.5	2:43	0.0	7:16	7:19	
18	Fri	8:48	5.4	10:32	5.0	2:56	2.3	3:37	0.0	7:14	7:20	
19	Sat	9:46	5.4	11:11	5.1	3:52	2.0	4:22	0.0	7:13	7:21	
20	Sun	10:37	5.4	11:45	5.2	4:38	1.6	5:01	0.1	7:11	7:22	
21	Mon	11:22	5.3			5:20	1.4	5:36	0.3	7:10	7:22	
22	Tue	12:15	5.3	12:04	5.2	5:57	1.1	6:08	0.5	7:08	7:23	
23	Wed	12:43	5.3	12:44	5.1	6:32	0.9	6:38	0.8	7:07	7:24	
24	Thu	1:08	5.3	1:24	4.9	7:05	0.8	7:08	1.1	7:05	7:25	
25	Fri	1:33	5.3	2:04	4.7	7:39	0.6	7:38	1.4	7:04	7:26	
26	Sat	2:00	5.3	2:46	4.4	8:14	0.6	8:10	1.8	7:02	7:27	
27	Sun	2:29	5.3	3:33	4.2	8:52	0.5	8:44	2.1	7:01	7:28	
28	Mon	3:02	5.2	4:28	4.0	9:36	0.5	9:25	2.5	6:59	7:29	
29	Tue	3:42	5.1	5:36	3.9	10:27	0.6	10:19	2.8	6:58	7:30	
30	Wed	4:31	4.9	6:54	3.9	11:28	0.6	11:34	2.9	6:56	7:31	
31	Thu	5:32	4.8	8:05	4.0			12:34	0.5	6:55	7:32	