

































Alcatraz Island, CA - Mar 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:34	5.2	5:16	3.6	10:24	1.2	9:47	2.7	6:39	6:03	
2	Mon	4:21	5.2	7:03	3.6	11:34	0.9	11:01	3.1	6:38	6:04	
3	Tue	5:18	5.3	8:25	3.9			12:43	0.6	6:37	6:05	
4	Wed	6:23	5.4	9:16	4.3	12:26	3.2	1:44	0.1	6:35	6:06	
5	Thu	7:26	5.7	9:56	4.5	1:35	3.1	2:37	-0.3	6:34	6:07	
6	Fri	8:26	6.0	10:31	4.8	2:31	2.8	3:24	-0.7	6:32	6:08	
7	Sat	9:21	6.2	11:05	5.1	3:21	2.4	4:07	-0.9	6:31	6:09	
8	Sun	11:14	6.4			5:08	1.9	5:49	-1.0	7:29	7:10	
9	Mon	12:40	5.3	12:07	6.4	5:56	1.3	6:30	-0.8	7:28	7:11	
10	Tue	1:14	5.6	1:00	6.1	6:45	0.8	7:10	-0.4	7:26	7:12	
11	Wed	1:50	5.8	1:55	5.8	7:35	0.4	7:51	0.1	7:25	7:13	
12	Thu	2:27	6.0	2:54	5.3	8:29	0.2	8:34	0.8	7:23	7:14	
13	Fri	3:07	6.1	4:00	4.7	9:26	0.0	9:21	1.5	7:22	7:15	
14	Sat	3:50	6.0	5:18	4.3	10:29	0.0	10:16	2.2	7:20	7:16	
15	Sun	4:40	5.8	6:49	4.1	11:40	0.1	11:28	2.8	7:19	7:17	
16	Mon	5:40	5.6	8:21	4.3			12:55	0.1	7:17	7:18	
17	Tue	6:48	5.4	9:30	4.5	12:56	3.0	2:07	0.0	7:16	7:19	
18	Wed	7:58	5.3	10:21	4.8	2:17	2.9	3:08	-0.1	7:14	7:20	
19	Thu	9:02	5.3	11:02	4.9	3:21	2.6	3:58	-0.1	7:13	7:21	
20	Fri	9:57	5.4	11:36	5.0	4:11	2.3	4:40	-0.1	7:11	7:22	
21	Sat	10:45	5.4			4:54	2.0	5:16	0.0	7:10	7:22	
22	Sun	12:05	5.0	11:27 AM	5.3	5:32	1.7	5:48	0.1	7:08	7:23	
23	Mon	12:30	5.0	12:08	5.2	6:06	1.4	6:17	0.4	7:07	7:24	
24	Tue	12:53	5.1	12:47	5.0	6:39	1.1	6:45	0.6	7:05	7:25	
25	Wed	1:15	5.2	1:26	4.8	7:11	0.9	7:12	1.0	7:04	7:26	
26	Thu	1:37	5.2	2:07	4.6	7:43	0.7	7:40	1.4	7:02	7:27	
27	Fri	2:02	5.3	2:52	4.3	8:18	0.6	8:10	1.8	7:01	7:28	
28	Sat	2:29	5.3	3:44	4.1	8:57	0.5	8:43	2.3	6:59	7:29	
29	Sun	3:00	5.3	4:48	3.9	9:43	0.4	9:23	2.7	6:58	7:30	
30	Mon	3:39	5.2	6:10	3.8	10:37	0.4	10:18	3.1	6:56	7:31	
31	Tue	4:29	5.1	7:40	3.9	11:43	0.3	11:41	3.3	6:55	7:32	