

































## Alcatraz Island, CA - Mar 2021

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:13	5.5	1:03	5.6	6:49	1.0	7:06	0.1	6:40	6:03	
2	Tue	1:47	5.7	2:00	5.1	7:41	0.7	7:45	0.8	6:38	6:04	
3	Wed	2:24	5.9	3:06	4.6	8:38	0.5	8:28	1.5	6:37	6:05	
4	Thu	3:06	6.0	4:28	4.1	9:44	0.3	9:20	2.2	6:35	6:06	
5	Fri	3:55	5.9	6:07	4.0	10:58	0.2	10:29	2.8	6:34	6:07	
6	Sat	4:56	5.9	7:43	4.2			12:16	0.0	6:33	6:08	
7	Sun	6:05	5.8	8:52	4.5			1:28	-0.2	6:31	6:09	
8	Mon	7:15	5.8	9:43	4.8	1:22	3.1	2:29	-0.4	6:30	6:10	
9	Tue	8:19	5.9	10:24	5.0	2:29	2.8	3:20	-0.6	6:28	6:11	
10	Wed	9:16	5.9	11:00	5.1	3:23	2.4	4:03	-0.6	6:27	6:12	
11	Thu	10:06	5.8	11:32	5.2	4:10	2.0	4:42	-0.5	6:25	6:13	
12	Fri	10:52	5.7			4:53	1.7	5:16	-0.2	6:24	6:14	
13	Sat	12:02	5.2	11:35 AM	5.5	5:32	1.4	5:48	0.1	6:22	6:15	
14	Sun	12:28	5.2	1:17	5.2	7:09	1.2	7:19	0.5	7:21	7:16	
15	Mon	1:52	5.3	2:00	4.9	7:46	1.0	7:49	1.0	7:19	7:17	
16	Tue	2:16	5.3	2:44	4.5	8:24	0.9	8:19	1.5	7:18	7:18	
17	Wed	2:41	5.3	3:34	4.2	9:04	0.8	8:50	2.0	7:16	7:19	
18	Thu	3:09	5.2	4:35	3.9	9:48	0.8	9:26	2.5	7:15	7:19	
19	Fri	3:43	5.1	5:57	3.7	10:41	0.8	10:12	3.0	7:13	7:20	
20	Sat	4:26	5.0	7:41	3.7	11:45	0.8	11:28	3.3	7:12	7:21	
21	Sun	5:22	4.9	9:03	3.9			12:57	0.6	7:10	7:22	
22	Mon	6:30	4.9	9:50	4.2	1:04	3.4	2:03	0.4	7:09	7:23	
23	Tue	7:40	5.0	10:24	4.4	2:17	3.2	2:58	0.1	7:07	7:24	
24	Wed	8:44	5.2	10:54	4.6	3:10	2.9	3:44	-0.2	7:06	7:25	
25	Thu	9:41	5.5	11:23	4.9	3:54	2.4	4:25	-0.4	7:04	7:26	
26	Fri	10:34	5.7	11:52	5.1	4:36	1.9	5:03	-0.5	7:02	7:27	
27	Sat	11:25	5.7			5:17	1.3	5:41	-0.3	7:01	7:28	
28	Sun	12:21	5.4	12:17	5.7	6:01	0.7	6:18	0.0	6:59	7:29	
29	Mon	12:53	5.7	1:11	5.5	6:46	0.1	6:56	0.5	6:58	7:30	
30	Tue	1:26	6.0	2:08	5.2	7:34	-0.3	7:36	1.1	6:56	7:31	
31	Wed	2:01	6.1	3:10	4.8	8:25	-0.6	8:19	1.7	6:55	7:31	