

































## Alcatraz Island, CA - Mar 2022

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:16	6.4	11:51	5.3	4:15	2.1	4:58	-1.0	6:40	6:03	
2	Wed	11:07	6.2			5:03	1.7	5:37	-0.7	6:39	6:04	
3	Thu	12:24	5.4	11:56 AM	5.9	5:50	1.4	6:13	-0.3	6:37	6:05	
4	Fri	12:56	5.5	12:44	5.5	6:36	1.1	6:49	0.2	6:36	6:06	
5	Sat	1:26	5.6	1:34	5.0	7:22	0.9	7:24	0.8	6:34	6:07	
6	Sun	1:56	5.5	2:28	4.5	8:09	0.8	7:59	1.5	6:33	6:08	
7	Mon	2:27	5.5	3:32	4.0	8:59	0.8	8:38	2.2	6:31	6:09	
8	Tue	3:00	5.4	4:54	3.7	9:57	0.8	9:26	2.8	6:30	6:10	
9	Wed	3:40	5.2	6:43	3.7	11:03	0.8	10:37	3.2	6:29	6:11	
10	Thu	4:32	5.1	8:14	4.0			12:15	0.7	6:27	6:12	
11	Fri	5:36	5.0	9:07	4.2	12:09	3.4	1:21	0.5	6:26	6:13	
12	Sat	6:44	5.0	9:43	4.4	1:24	3.3	2:16	0.3	6:24	6:14	
13	Sun	8:45	5.2	11:13	4.5	3:19	3.1	4:00	0.1	7:23	7:15	
14	Mon	9:38	5.4	11:39	4.7	4:02	2.7	4:38	-0.1	7:21	7:15	
15	Tue	10:25	5.5			4:40	2.4	5:11	-0.2	7:20	7:16	
16	Wed	12:03	4.8	11:09 AM	5.6	5:15	2.0	5:41	-0.2	7:18	7:17	
17	Thu	12:28	5.0	11:53 AM	5.6	5:50	1.6	6:12	-0.1	7:17	7:18	
18	Fri	12:53	5.2	12:38	5.5	6:27	1.1	6:42	0.2	7:15	7:19	
19	Sat	1:19	5.4	1:25	5.2	7:07	0.7	7:15	0.6	7:13	7:20	
20	Sun	1:47	5.6	2:17	4.9	7:50	0.3	7:49	1.1	7:12	7:21	
21	Mon	2:18	5.8	3:15	4.6	8:37	0.0	8:26	1.8	7:10	7:22	
22	Tue	2:53	5.9	4:25	4.2	9:31	-0.1	9:09	2.4	7:09	7:23	
23	Wed	3:35	5.9	5:51	4.0	10:33	-0.2	10:04	2.9	7:07	7:24	
24	Thu	4:28	5.8	7:29	4.0	11:45	-0.2	11:25	3.3	7:06	7:25	
25	Fri	5:36	5.6	8:50	4.3			1:03	-0.3	7:04	7:26	
26	Sat	6:54	5.5	9:45	4.6	1:06	3.3	2:15	-0.4	7:03	7:27	
27	Sun	8:11	5.5	10:28	4.9	2:28	2.9	3:15	-0.6	7:01	7:28	
28	Mon	9:20	5.6	11:05	5.1	3:31	2.4	4:06	-0.6	7:00	7:28	
29	Tue	10:20	5.6	11:38	5.3	4:24	1.8	4:49	-0.5	6:58	7:29	
30	Wed	11:14	5.6			5:11	1.3	5:28	-0.2	6:57	7:30	
31	Thu	12:10	5.5	12:05	5.4	5:55	0.8	6:04	0.2	6:55	7:31	