

































Alcatraz Island, CA - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:46	5.3	9:46	4.5	1:09	3.4	2:22	0.2	6:40	6:03	
2	Thu	7:47	5.4	10:23	4.6	2:13	3.2	3:10	0.0	6:39	6:04	
3	Fri	8:39	5.5	10:53	4.7	3:03	2.9	3:49	-0.1	6:38	6:05	
4	Sat	9:25	5.6	11:19	4.7	3:44	2.6	4:23	-0.2	6:36	6:06	
5	Sun	10:06	5.6	11:43	4.8	4:20	2.3	4:52	-0.2	6:35	6:07	
6	Mon	10:45	5.5			4:54	2.1	5:19	-0.1	6:33	6:08	
7	Tue	12:05	4.9	11:24 AM	5.4	5:26	1.8	5:45	0.1	6:32	6:08	
8	Wed	12:27	5.1	12:03	5.2	6:00	1.5	6:10	0.4	6:30	6:09	
9	Thu	12:49	5.2	12:44	4.9	6:35	1.2	6:37	0.8	6:29	6:10	
10	Fri	1:13	5.4	1:30	4.6	7:13	0.9	7:06	1.3	6:27	6:11	
11	Sat	1:40	5.5	2:24	4.2	7:57	0.7	7:38	1.9	6:26	6:12	
12	Sun	3:10	5.6	4:33	3.9	9:47	0.5	9:15	2.5	7:24	7:13	
13	Mon	3:48	5.6	6:06	3.7	10:48	0.3	10:03	3.0	7:23	7:14	
14	Tue	4:38	5.6	7:56	3.8			12:00	0.2	7:21	7:15	
15	Wed	5:43	5.6	9:15	4.1			1:18	-0.1	7:20	7:16	
16	Thu	7:01	5.6	10:05	4.4	1:02	3.4	2:28	-0.4	7:18	7:17	
17	Fri	8:16	5.8	10:44	4.7	2:25	3.1	3:27	-0.7	7:17	7:18	
18	Sat	9:24	6.0	11:19	5.0	3:29	2.6	4:17	-0.9	7:15	7:19	
19	Sun	10:25	6.1	11:53	5.3	4:24	2.0	5:02	-0.9	7:14	7:20	
20	Mon	11:21	6.1			5:14	1.4	5:43	-0.7	7:12	7:21	
21	Tue	12:25	5.6	12:16	5.9	6:02	0.8	6:22	-0.2	7:11	7:22	
22	Wed	12:58	5.8	1:10	5.6	6:50	0.3	7:00	0.3	7:09	7:23	
23	Thu	1:30	6.0	2:05	5.1	7:38	0.0	7:38	1.0	7:08	7:24	
24	Fri	2:02	6.0	3:03	4.7	8:26	-0.2	8:17	1.7	7:06	7:25	
25	Sat	2:36	5.9	4:07	4.3	9:16	-0.1	8:59	2.3	7:05	7:25	
26	Sun	3:12	5.7	5:23	4.1	10:10	0.0	9:51	2.9	7:03	7:26	
27	Mon	3:53	5.4	6:56	4.0	11:11	0.2	11:03	3.3	7:02	7:27	
28	Tue	4:45	5.1	8:24	4.1			12:22	0.3	7:00	7:28	
29	Wed	5:50	4.9	9:24	4.3	12:37	3.4	1:34	0.4	6:59	7:29	
30	Thu	7:05	4.7	10:05	4.5	1:57	3.2	2:36	0.3	6:57	7:30	
31	Fri	8:14	4.8	10:37	4.6	2:56	2.9	3:25	0.2	6:56	7:31	