

































Alcatraz Island, CA - Mar 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:41	5.4	4:06	3.6	9:26	1.0	8:35	2.7	6:39	6:03	
2	Sat	3:19	5.4	5:56	3.5	10:29	0.8	9:21	3.2	6:38	6:04	
3	Sun	4:10	5.4	7:55	3.7	11:43	0.6	10:48	3.5	6:36	6:05	
4	Mon	5:15	5.4	8:56	4.0			12:56	0.2	6:35	6:06	
5	Tue	6:28	5.6	9:35	4.3	12:30	3.5	1:58	-0.3	6:34	6:07	
6	Wed	7:36	5.9	10:08	4.6	1:44	3.3	2:50	-0.7	6:32	6:08	
7	Thu	8:38	6.1	10:39	4.9	2:41	2.8	3:36	-1.0	6:31	6:09	
8	Fri	9:36	6.3	11:11	5.2	3:33	2.2	4:19	-1.1	6:29	6:10	
9	Sat	10:31	6.3	11:42	5.5	4:22	1.6	4:59	-0.9	6:28	6:11	
10	Sun			12:25	6.2	6:11	1.0	6:38	-0.5	7:26	7:12	
11	Mon	1:15	5.8	1:21	5.8	7:01	0.4	7:16	0.1	7:25	7:13	
12	Tue	1:49	6.1	2:19	5.3	7:53	0.0	7:56	0.8	7:23	7:14	
13	Wed	2:24	6.2	3:22	4.8	8:46	-0.2	8:37	1.5	7:22	7:15	
14	Thu	3:03	6.2	4:34	4.3	9:44	-0.2	9:24	2.3	7:20	7:16	
15	Fri	3:46	6.0	6:01	4.1	10:49	-0.1	10:23	2.9	7:19	7:17	
16	Sat	4:37	5.8	7:40	4.1			12:02	0.0	7:17	7:18	
17	Sun	5:40	5.4	9:00	4.3			1:19	0.1	7:16	7:19	
18	Mon	6:53	5.2	9:56	4.6	1:21	3.3	2:29	0.0	7:14	7:20	
19	Tue	8:06	5.1	10:37	4.7	2:37	3.1	3:26	0.0	7:13	7:21	
20	Wed	9:09	5.2	11:11	4.8	3:34	2.7	4:11	0.0	7:11	7:22	
21	Thu	10:02	5.2	11:39	4.9	4:19	2.3	4:48	0.0	7:10	7:23	
22	Fri	10:48	5.2			4:59	1.9	5:19	0.1	7:08	7:23	
23	Sat	12:03	4.9	11:30 AM	5.1	5:34	1.5	5:47	0.3	7:07	7:24	
24	Sun	12:24	5.0	12:10	5.0	6:07	1.2	6:12	0.6	7:05	7:25	
25	Mon	12:44	5.2	12:50	4.8	6:39	0.9	6:37	1.0	7:04	7:26	
26	Tue	1:04	5.3	1:31	4.6	7:11	0.6	7:02	1.4	7:02	7:27	
27	Wed	1:26	5.4	2:15	4.4	7:44	0.4	7:29	1.9	7:01	7:28	
28	Thu	1:49	5.5	3:05	4.2	8:20	0.2	7:57	2.3	6:59	7:29	
29	Fri	2:17	5.5	4:03	3.9	9:02	0.1	8:29	2.7	6:57	7:30	
30	Sat	2:50	5.5	5:19	3.8	9:51	0.1	9:08	3.1	6:56	7:31	
31	Sun	3:32	5.4	6:54	3.7	10:52	0.1	10:10	3.4	6:54	7:32	