
































Alcatraz Island, CA - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:42	6.2	11:19	5.3	3:44	2.2	4:27	-0.8	6:40	6:03	
2	Mon	10:33	6.0	11:51	5.4	4:32	1.8	5:04	-0.6	6:39	6:04	
3	Tue	11:21	5.8			5:17	1.4	5:38	-0.2	6:37	6:05	
4	Wed	12:20	5.5	12:08	5.4	6:01	1.0	6:11	0.3	6:36	6:06	
5	Thu	12:48	5.6	12:55	5.0	6:43	0.8	6:43	0.9	6:34	6:07	
6	Fri	1:15	5.6	1:44	4.6	7:25	0.7	7:14	1.5	6:33	6:08	
7	Sat	1:42	5.6	2:38	4.2	8:09	0.6	7:47	2.1	6:31	6:09	
8	Sun	3:11	5.5	4:43	3.8	9:57	0.6	9:22	2.7	7:30	7:10	
9	Mon	3:45	5.4	6:13	3.6	10:53	0.7	10:07	3.1	7:28	7:11	
10	Tue	4:28	5.2	8:11	3.7			12:00	0.8	7:27	7:12	
11	Wed	5:26	5.0	9:28	3.9			1:14	0.7	7:26	7:13	
12	Thu	6:35	5.0	10:08	4.1	1:10	3.5	2:20	0.5	7:24	7:14	
13	Fri	7:45	5.1	10:37	4.3	2:23	3.3	3:12	0.2	7:23	7:15	
14	Sat	8:47	5.2	11:02	4.5	3:16	3.0	3:54	0.0	7:21	7:15	
15	Sun	9:40	5.4	11:26	4.7	3:58	2.6	4:30	-0.2	7:20	7:16	
16	Mon	10:29	5.5	11:49	4.9	4:36	2.1	5:03	-0.2	7:18	7:17	
17	Tue	11:16	5.5			5:13	1.6	5:35	-0.1	7:16	7:18	
18	Wed	12:14	5.2	12:04	5.5	5:52	1.1	6:06	0.2	7:15	7:19	
19	Thu	12:40	5.5	12:54	5.3	6:32	0.5	6:39	0.6	7:13	7:20	
20	Fri	1:08	5.8	1:46	5.1	7:15	0.1	7:14	1.1	7:12	7:21	
21	Sat	1:39	6.0	2:44	4.7	8:01	-0.3	7:51	1.7	7:10	7:22	
22	Sun	2:14	6.2	3:49	4.4	8:52	-0.5	8:33	2.3	7:09	7:23	
23	Mon	2:54	6.2	5:07	4.1	9:50	-0.5	9:23	2.8	7:07	7:24	
24	Tue	3:44	6.0	6:37	4.0	10:58	-0.4	10:33	3.2	7:06	7:25	
25	Wed	4:46	5.8	8:04	4.2			12:16	-0.3	7:04	7:26	
26	Thu	6:02	5.5	9:07	4.5	12:10	3.3	1:33	-0.3	7:03	7:27	
27	Fri	7:23	5.4	9:53	4.8	1:43	3.0	2:39	-0.4	7:01	7:28	
28	Sat	8:37	5.4	10:32	5.0	2:54	2.5	3:32	-0.4	7:00	7:29	
29	Sun	9:42	5.4	11:06	5.3	3:51	1.9	4:16	-0.2	6:58	7:29	
30	Mon	10:39	5.3	11:37	5.4	4:40	1.3	4:55	0.0	6:57	7:30	
31	Tue	11:32	5.2			5:24	0.8	5:29	0.4	6:55	7:31	