

































Alcatraz Island, CA - Mar 2028

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:03	5.5	3:14	3.9	8:36	0.8	8:05	2.4	6:39	6:03	
2	Thu	2:39	5.5	4:35	3.6	9:31	0.7	8:46	2.8	6:38	6:04	
3	Fri	3:25	5.5	6:20	3.6	10:39	0.6	9:50	3.2	6:36	6:05	
4	Sat	4:24	5.5	7:50	3.8	11:55	0.3	11:23	3.3	6:35	6:06	
5	Sun	5:35	5.6	8:44	4.1			1:05	0.0	6:34	6:07	
6	Mon	6:48	5.8	9:23	4.5	12:51	3.2	2:04	-0.4	6:32	6:08	
7	Tue	7:56	6.0	9:58	4.8	1:58	2.7	2:54	-0.7	6:31	6:09	
8	Wed	8:57	6.1	10:32	5.2	2:55	2.1	3:39	-0.8	6:29	6:10	
9	Thu	9:55	6.2	11:05	5.5	3:47	1.5	4:21	-0.7	6:28	6:11	
10	Fri	10:52	6.1	11:39	5.9	4:37	0.8	5:01	-0.3	6:26	6:12	
11	Sat	11:47	5.8			5:27	0.3	5:41	0.1	6:25	6:13	
12	Sun	12:14	6.2	1:43	5.5	7:17	-0.1	7:21	0.7	7:23	7:14	
13	Mon	1:50	6.3	2:42	5.0	8:08	-0.3	8:02	1.4	7:22	7:15	
14	Tue	2:28	6.3	3:45	4.6	9:01	-0.4	8:46	2.0	7:20	7:16	
15	Wed	3:10	6.1	4:58	4.2	9:59	-0.2	9:38	2.6	7:19	7:17	
16	Thu	3:57	5.9	6:24	4.1	11:04	0.0	10:47	3.0	7:17	7:18	
17	Fri	4:53	5.5	7:54	4.1			12:16	0.2	7:16	7:19	
18	Sat	6:00	5.2	9:03	4.3	12:17	3.2	1:29	0.3	7:14	7:20	
19	Sun	7:13	5.0	9:52	4.5	1:42	3.0	2:33	0.2	7:13	7:21	
20	Mon	8:21	5.0	10:29	4.6	2:48	2.7	3:24	0.2	7:11	7:22	
21	Tue	9:20	5.0	10:59	4.8	3:39	2.3	4:05	0.2	7:10	7:23	
22	Wed	10:11	5.0	11:24	4.9	4:22	1.9	4:39	0.3	7:08	7:23	
23	Thu	10:56	5.0	11:46	5.0	5:00	1.6	5:10	0.5	7:07	7:24	
24	Fri	11:38	4.9			5:34	1.2	5:38	0.7	7:05	7:25	
25	Sat	12:07	5.2	12:20	4.8	6:06	0.9	6:04	1.0	7:04	7:26	
26	Sun	12:29	5.3	1:02	4.7	6:38	0.6	6:32	1.4	7:02	7:27	
27	Mon	12:52	5.5	1:45	4.5	7:10	0.3	7:00	1.7	7:00	7:28	
28	Tue	1:18	5.6	2:31	4.4	7:45	0.1	7:30	2.1	6:59	7:29	
29	Wed	1:46	5.7	3:23	4.2	8:24	0.0	8:04	2.5	6:57	7:30	
30	Thu	2:20	5.6	4:24	4.0	9:09	-0.1	8:43	2.8	6:56	7:31	
31	Fri	3:00	5.6	5:39	3.8	10:03	-0.1	9:35	3.1	6:54	7:32	