

































Alcatraz Island, CA - Mar 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	12:00	5.7	11:58 AM	5.9	5:40	0.6	5:58	0.0	6:40	6:03	
2	Fri	12:35	6.0	12:53	5.6	6:30	0.2	6:37	0.5	6:38	6:04	
3	Sat	1:11	6.2	1:52	5.1	7:23	-0.1	7:19	1.2	6:37	6:05	
4	Sun	1:51	6.3	2:58	4.6	8:19	-0.2	8:05	1.8	6:35	6:06	
5	Mon	2:36	6.3	4:16	4.2	9:23	-0.1	8:59	2.4	6:34	6:07	
6	Tue	3:29	6.1	5:47	4.1	10:34	0.0	10:12	2.9	6:32	6:08	
7	Wed	4:31	5.8	7:16	4.2	11:52	0.0	11:43	3.0	6:31	6:09	
8	Thu	5:42	5.6	8:23	4.5			1:05	0.0	6:30	6:10	
9	Fri	6:55	5.5	9:13	4.7	1:07	2.9	2:06	-0.1	6:28	6:11	
10	Sat	8:00	5.5	9:53	4.9	2:12	2.5	2:56	-0.1	6:27	6:12	
11	Sun	9:57	5.5	11:27	5.0	4:05	2.2	4:36	-0.1	7:25	7:13	
12	Mon	10:46	5.4	11:56	5.1	4:50	1.8	5:12	0.1	7:24	7:14	
13	Tue	11:31	5.3			5:30	1.5	5:43	0.3	7:22	7:15	
14	Wed	12:21	5.2	12:13	5.1	6:06	1.2	6:12	0.6	7:21	7:16	
15	Thu	12:44	5.3	12:53	4.9	6:40	0.9	6:40	0.9	7:19	7:17	
16	Fri	1:06	5.4	1:34	4.7	7:12	0.7	7:08	1.3	7:18	7:18	
17	Sat	1:29	5.4	2:16	4.5	7:46	0.6	7:36	1.7	7:16	7:19	
18	Sun	1:55	5.5	3:01	4.2	8:21	0.5	8:06	2.1	7:15	7:20	
19	Mon	2:23	5.5	3:53	4.0	9:01	0.5	8:39	2.5	7:13	7:20	
20	Tue	2:57	5.4	4:57	3.8	9:47	0.5	9:18	2.8	7:12	7:21	
21	Wed	3:39	5.3	6:19	3.7	10:43	0.5	10:14	3.1	7:10	7:22	
22	Thu	4:32	5.2	7:44	3.8	11:50	0.5	11:38	3.2	7:08	7:23	
23	Fri	5:37	5.1	8:45	4.0			1:01	0.3	7:07	7:24	
24	Sat	6:50	5.1	9:27	4.3	1:08	3.1	2:03	0.1	7:05	7:25	
25	Sun	8:01	5.2	10:02	4.6	2:18	2.7	2:56	-0.1	7:04	7:26	
26	Mon	9:07	5.4	10:35	5.0	3:13	2.1	3:42	-0.2	7:02	7:27	
27	Tue	10:08	5.5	11:07	5.4	4:03	1.4	4:24	-0.1	7:01	7:28	
28	Wed	11:06	5.6	11:40	5.8	4:50	0.7	5:05	0.1	6:59	7:29	
29	Thu			12:03	5.5	5:38	0.0	5:46	0.5	6:58	7:30	
30	Fri	12:15	6.2	1:00	5.4	6:26	-0.5	6:27	0.9	6:56	7:31	
31	Sat	12:52	6.4	1:58	5.2	7:15	-0.9	7:10	1.4	6:55	7:32	