
































## Alcatraz Island, CA - Mar 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	9:13	6.0	10:44	5.2	3:13	2.1	3:53	-0.5	6:40	6:03	
2	Sat	10:05	5.9	11:17	5.4	4:02	1.7	4:31	-0.3	6:39	6:04	
3	Sun	10:54	5.7	11:48	5.5	4:47	1.4	5:07	-0.1	6:37	6:05	
4	Mon	11:39	5.5			5:29	1.1	5:41	0.3	6:36	6:06	
5	Tue	12:17	5.6	12:24	5.2	6:09	0.9	6:14	0.7	6:34	6:07	
6	Wed	12:45	5.6	1:08	4.9	6:48	0.7	6:46	1.2	6:33	6:08	
7	Thu	1:12	5.6	1:54	4.5	7:28	0.7	7:19	1.7	6:31	6:09	
8	Fri	1:41	5.5	2:45	4.2	8:10	0.7	7:54	2.1	6:30	6:10	
9	Sat	2:13	5.4	3:46	3.9	8:57	0.8	8:34	2.6	6:28	6:11	
10	Sun	3:51	5.3	6:05	3.7	10:53	0.8	10:26	2.9	7:27	7:12	
11	Mon	4:39	5.1	7:39	3.7			12:00	0.9	7:25	7:13	
12	Tue	5:39	5.0	8:52	3.9			1:10	0.8	7:24	7:14	
13	Wed	6:47	5.0	9:38	4.1	1:10	3.1	2:12	0.6	7:22	7:15	
14	Thu	7:53	5.1	10:12	4.3	2:18	2.9	3:02	0.3	7:21	7:16	
15	Fri	8:53	5.2	10:42	4.6	3:10	2.6	3:45	0.1	7:19	7:16	
16	Sat	9:48	5.4	11:10	4.9	3:55	2.1	4:22	0.0	7:18	7:17	
17	Sun	10:39	5.5	11:39	5.2	4:36	1.6	4:58	0.0	7:16	7:18	
18	Mon	11:29	5.6			5:17	1.0	5:33	0.2	7:15	7:19	
19	Tue	12:09	5.6	12:20	5.5	5:59	0.5	6:10	0.4	7:13	7:20	
20	Wed	12:41	5.9	1:12	5.4	6:42	0.0	6:47	0.8	7:12	7:21	
21	Thu	1:15	6.1	2:07	5.1	7:29	-0.4	7:27	1.3	7:10	7:22	
22	Fri	1:53	6.3	3:06	4.8	8:19	-0.6	8:11	1.8	7:09	7:23	
23	Sat	2:35	6.3	4:11	4.5	9:14	-0.6	9:00	2.2	7:07	7:24	
24	Sun	3:24	6.1	5:26	4.3	10:15	-0.5	10:02	2.6	7:06	7:25	
25	Mon	4:21	5.9	6:48	4.2	11:25	-0.3	11:24	2.8	7:04	7:26	
26	Tue	5:29	5.6	8:03	4.4			12:40	-0.2	7:03	7:27	
27	Wed	6:45	5.4	9:03	4.7	12:56	2.7	1:50	-0.1	7:01	7:28	
28	Thu	8:01	5.2	9:50	5.0	2:15	2.4	2:49	-0.1	7:00	7:29	
29	Fri	9:09	5.2	10:29	5.2	3:17	1.9	3:39	0.0	6:58	7:29	
30	Sat	10:09	5.2	11:04	5.4	4:10	1.4	4:21	0.2	6:57	7:30	
31	Sun	11:03	5.1	11:35	5.5	4:55	0.9	4:59	0.5	6:55	7:31	