
































Alcatraz Island, CA - Mar 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:58	5.2	7:51	3.9			12:26	0.8	6:40	6:03	
2	Sun	6:01	5.1	8:47	4.2	12:16	3.0	1:29	0.7	6:39	6:04	
3	Mon	7:04	5.2	9:27	4.4	1:24	2.9	2:20	0.5	6:37	6:05	
4	Tue	8:00	5.3	9:59	4.5	2:18	2.7	3:02	0.3	6:36	6:06	
5	Wed	8:50	5.4	10:27	4.7	3:03	2.4	3:37	0.2	6:35	6:07	
6	Thu	9:35	5.5	10:53	4.9	3:42	2.0	4:09	0.1	6:33	6:08	
7	Fri	10:18	5.5	11:19	5.1	4:18	1.7	4:39	0.2	6:32	6:09	
8	Sat	11:01	5.4	11:46	5.3	4:53	1.3	5:08	0.3	6:30	6:10	
9	Sun			12:44	5.3	6:29	1.0	6:39	0.5	7:29	7:10	
10	Mon	1:14	5.5	1:29	5.2	7:07	0.7	7:11	0.8	7:27	7:11	
11	Tue	1:44	5.7	2:17	4.9	7:48	0.4	7:46	1.2	7:26	7:12	
12	Wed	2:18	5.8	3:11	4.6	8:34	0.2	8:25	1.7	7:24	7:13	
13	Thu	2:55	5.9	4:14	4.3	9:26	0.1	9:10	2.1	7:23	7:14	
14	Fri	3:40	5.9	5:30	4.0	10:26	0.1	10:06	2.5	7:21	7:15	
15	Sat	4:35	5.8	6:56	4.0	11:35	0.0	11:22	2.8	7:20	7:16	
16	Sun	5:42	5.6	8:14	4.2			12:50	0.0	7:18	7:17	
17	Mon	6:57	5.6	9:15	4.5	12:52	2.8	2:00	-0.2	7:17	7:18	
18	Tue	8:11	5.6	10:02	4.9	2:13	2.5	3:00	-0.3	7:15	7:19	
19	Wed	9:18	5.7	10:43	5.2	3:17	2.0	3:51	-0.3	7:14	7:20	
20	Thu	10:18	5.7	11:21	5.5	4:12	1.4	4:36	-0.2	7:12	7:21	
21	Fri	11:14	5.7	11:56	5.7	5:02	0.9	5:18	0.0	7:11	7:22	
22	Sat			12:06	5.5	5:48	0.5	5:57	0.3	7:09	7:23	
23	Sun	12:30	5.9	12:56	5.3	6:32	0.2	6:35	0.7	7:08	7:24	
24	Mon	1:03	5.9	1:46	5.1	7:14	0.0	7:14	1.2	7:06	7:25	
25	Tue	1:35	5.9	2:36	4.8	7:57	0.0	7:52	1.6	7:05	7:26	
26	Wed	2:08	5.7	3:28	4.5	8:39	0.0	8:33	2.1	7:03	7:26	
27	Thu	2:43	5.6	4:26	4.2	9:25	0.2	9:18	2.5	7:02	7:27	
28	Fri	3:21	5.3	5:32	4.0	10:16	0.4	10:14	2.8	7:00	7:28	
29	Sat	4:07	5.1	6:49	3.9	11:15	0.5	11:28	3.0	6:59	7:29	
30	Sun	5:03	4.8	8:00	4.0			12:22	0.7	6:57	7:30	
31	Mon	6:10	4.6	8:53	4.2	12:50	2.9	1:26	0.7	6:56	7:31	