
































## Alcatraz Island, CA - Mar 2032

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:50	5.5	2:23	4.4	7:59	0.9	7:48	1.7	6:39	6:03	
2	Tue	2:25	5.5	3:23	4.0	8:49	0.8	8:29	2.1	6:38	6:04	
3	Wed	3:07	5.5	4:41	3.8	9:48	0.7	9:22	2.5	6:36	6:05	
4	Thu	3:59	5.5	6:11	3.8	10:57	0.5	10:35	2.8	6:35	6:06	
5	Fri	5:02	5.5	7:32	4.0			12:10	0.3	6:34	6:07	
6	Sat	6:13	5.6	8:31	4.4	12:00	2.8	1:16	-0.1	6:32	6:08	
7	Sun	7:22	5.8	9:18	4.7	1:16	2.6	2:14	-0.4	6:31	6:09	
8	Mon	8:26	6.0	9:58	5.1	2:20	2.1	3:04	-0.6	6:29	6:10	
9	Tue	9:26	6.1	10:37	5.5	3:15	1.6	3:50	-0.6	6:28	6:11	
10	Wed	10:22	6.2	11:15	5.8	4:07	1.0	4:34	-0.5	6:26	6:12	
11	Thu	11:16	6.0	11:52	6.0	4:56	0.6	5:16	-0.2	6:25	6:13	
12	Fri			12:10	5.8	5:46	0.2	5:58	0.2	6:23	6:14	
13	Sat	12:30	6.1	1:04	5.4	6:35	0.0	6:41	0.7	6:22	6:15	
14	Sun	1:09	6.2	3:00	5.0	8:25	-0.1	8:25	1.3	7:20	7:16	
15	Mon	2:49	6.0	4:00	4.6	9:18	0.0	9:13	1.8	7:19	7:17	
16	Tue	3:32	5.8	5:09	4.3	10:15	0.2	10:09	2.3	7:17	7:18	
17	Wed	4:21	5.5	6:29	4.1	11:19	0.4	11:20	2.7	7:16	7:19	
18	Thu	5:17	5.2	7:50	4.2			12:29	0.5	7:14	7:20	
19	Fri	6:22	5.0	8:56	4.3	12:41	2.8	1:37	0.5	7:13	7:21	
20	Sat	7:31	4.9	9:44	4.5	1:54	2.7	2:36	0.5	7:11	7:22	
21	Sun	8:34	4.9	10:22	4.7	2:54	2.4	3:25	0.5	7:10	7:23	
22	Mon	9:29	4.9	10:53	4.8	3:43	2.1	4:05	0.5	7:08	7:23	
23	Tue	10:18	5.0	11:20	4.9	4:25	1.7	4:40	0.5	7:07	7:24	
24	Wed	11:02	5.0	11:45	5.1	5:02	1.4	5:11	0.6	7:05	7:25	
25	Thu	11:44	5.0			5:36	1.1	5:41	0.8	7:03	7:26	
26	Fri	12:11	5.3	12:25	5.0	6:08	0.8	6:10	1.0	7:02	7:27	
27	Sat	12:37	5.4	1:06	4.9	6:41	0.5	6:40	1.2	7:00	7:28	
28	Sun	1:05	5.5	1:50	4.7	7:16	0.2	7:11	1.5	6:59	7:29	
29	Mon	1:35	5.6	2:36	4.6	7:53	0.0	7:46	1.8	6:57	7:30	
30	Tue	2:08	5.7	3:29	4.4	8:36	-0.1	8:25	2.1	6:56	7:31	
31	Wed	2:46	5.6	4:29	4.2	9:24	-0.1	9:12	2.5	6:54	7:32	