

































Alcatraz Island, CA - Mar 2040

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:18	5.3	1:04	5.1	6:55	1.3	7:04	0.5	6:39	6:03	
2	Fri	1:46	5.4	1:54	4.7	7:40	1.0	7:38	1.1	6:38	6:04	
3	Sat	2:17	5.6	2:56	4.3	8:31	0.8	8:16	1.7	6:36	6:05	
4	Sun	2:54	5.7	4:15	3.9	9:31	0.6	9:02	2.4	6:35	6:06	
5	Mon	3:39	5.7	5:57	3.8	10:41	0.3	10:04	2.9	6:33	6:07	
6	Tue	4:37	5.7	7:38	4.0	11:58	0.1	11:31	3.2	6:32	6:08	
7	Wed	5:46	5.8	8:48	4.3			1:12	-0.3	6:31	6:09	
8	Thu	6:59	5.9	9:37	4.7	1:00	3.2	2:15	-0.6	6:29	6:10	
9	Fri	8:07	6.1	10:17	4.9	2:12	2.9	3:09	-0.9	6:28	6:11	
10	Sat	9:08	6.2	10:54	5.2	3:10	2.4	3:56	-0.9	6:26	6:12	
11	Sun	11:04	6.2			5:02	1.9	5:39	-0.9	7:25	7:13	
12	Mon	12:29	5.4	11:57 AM	6.1	5:50	1.4	6:18	-0.6	7:23	7:14	
13	Tue	1:02	5.5	12:47	5.8	6:36	1.0	6:56	-0.2	7:22	7:15	
14	Wed	1:34	5.6	1:37	5.4	7:22	0.7	7:32	0.4	7:20	7:16	
15	Thu	2:05	5.7	2:28	5.0	8:07	0.5	8:08	1.0	7:19	7:17	
16	Fri	2:36	5.6	3:23	4.5	8:54	0.4	8:46	1.7	7:17	7:18	
17	Sat	3:07	5.5	4:26	4.1	9:43	0.5	9:27	2.3	7:16	7:19	
18	Sun	3:41	5.4	5:45	3.9	10:37	0.5	10:17	2.8	7:14	7:20	
19	Mon	4:22	5.2	7:25	3.8	11:41	0.6	11:31	3.2	7:13	7:21	
20	Tue	5:14	5.0	8:52	4.0			12:52	0.6	7:11	7:22	
21	Wed	6:19	4.8	9:47	4.2	1:03	3.4	2:00	0.5	7:09	7:23	
22	Thu	7:30	4.8	10:24	4.4	2:17	3.2	2:57	0.3	7:08	7:24	
23	Fri	8:33	4.9	10:54	4.5	3:12	2.9	3:43	0.2	7:06	7:24	
24	Sat	9:28	5.1	11:20	4.7	3:55	2.5	4:21	0.0	7:05	7:25	
25	Sun	10:17	5.2	11:44	4.8	4:33	2.2	4:55	0.0	7:03	7:26	
26	Mon	11:02	5.3			5:08	1.7	5:26	0.0	7:02	7:27	
27	Tue	12:08	5.0	11:46 AM	5.3	5:42	1.3	5:56	0.2	7:00	7:28	
28	Wed	12:33	5.2	12:31	5.2	6:18	0.9	6:26	0.5	6:59	7:29	
29	Thu	12:59	5.5	1:19	5.1	6:55	0.4	6:58	0.9	6:57	7:30	
30	Fri	1:27	5.7	2:10	4.8	7:36	0.0	7:33	1.4	6:56	7:31	
31	Sat	1:57	5.8	3:07	4.5	8:22	-0.2	8:10	1.9	6:54	7:32	