

































Alcatraz Island, CA - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:34	5.3	3:50	3.7	9:17	1.0	8:33	2.6	6:40	6:03	
2	Mon	3:07	5.3	5:28	3.5	10:16	1.0	9:13	3.1	6:39	6:04	
3	Tue	3:51	5.2	7:42	3.6	11:26	0.9	10:29	3.5	6:37	6:05	
4	Wed	4:50	5.1	8:54	3.9			12:39	0.7	6:36	6:06	
5	Thu	5:59	5.2	9:30	4.2	12:18	3.6	1:41	0.3	6:34	6:07	
6	Fri	7:06	5.3	9:59	4.4	1:33	3.4	2:32	0.0	6:33	6:08	
7	Sat	8:05	5.6	10:25	4.6	2:25	3.1	3:14	-0.4	6:32	6:09	
8	Sun	9:58	5.8	11:51	4.8	4:08	2.7	4:52	-0.6	7:30	7:10	
9	Mon	10:48	6.0			4:49	2.2	5:28	-0.7	7:29	7:11	
10	Tue	12:17	5.0	11:37 AM	6.0	5:31	1.7	6:02	-0.6	7:27	7:12	
11	Wed	12:45	5.3	12:28	5.9	6:14	1.1	6:37	-0.2	7:26	7:12	
12	Thu	1:14	5.6	1:20	5.6	7:00	0.6	7:13	0.3	7:24	7:13	
13	Fri	1:45	5.9	2:16	5.2	7:48	0.1	7:50	0.9	7:23	7:14	
14	Sat	2:18	6.1	3:19	4.7	8:40	-0.2	8:30	1.6	7:21	7:15	
15	Sun	2:56	6.2	4:32	4.3	9:38	-0.3	9:15	2.3	7:20	7:16	
16	Mon	3:40	6.2	6:02	4.0	10:44	-0.3	10:13	2.9	7:18	7:17	
17	Tue	4:35	6.0	7:41	4.1			12:00	-0.2	7:17	7:18	
18	Wed	5:43	5.7	9:00	4.3			1:20	-0.2	7:15	7:19	
19	Thu	7:01	5.5	9:55	4.6	1:17	3.3	2:32	-0.3	7:14	7:20	
20	Fri	8:16	5.5	10:37	4.9	2:37	3.0	3:30	-0.4	7:12	7:21	
21	Sat	9:22	5.5	11:13	5.0	3:38	2.5	4:17	-0.4	7:11	7:22	
22	Sun	10:18	5.5	11:44	5.2	4:28	2.0	4:56	-0.2	7:09	7:23	
23	Mon	11:08	5.4			5:11	1.6	5:30	0.0	7:08	7:24	
24	Tue	12:12	5.3	11:54 AM	5.2	5:51	1.2	6:00	0.3	7:06	7:25	
25	Wed	12:37	5.3	12:38	5.0	6:28	0.9	6:29	0.7	7:04	7:26	
26	Thu	12:59	5.4	1:21	4.7	7:03	0.6	6:57	1.2	7:03	7:27	
27	Fri	1:21	5.4	2:05	4.5	7:37	0.4	7:24	1.7	7:01	7:27	
28	Sat	1:43	5.4	2:51	4.2	8:12	0.3	7:53	2.2	7:00	7:28	
29	Sun	2:07	5.4	3:44	4.0	8:50	0.2	8:22	2.6	6:58	7:29	
30	Mon	2:36	5.3	4:48	3.8	9:33	0.3	8:56	3.0	6:57	7:30	
31	Tue	3:11	5.2	6:14	3.7	10:25	0.4	9:42	3.4	6:55	7:31	