



Alcatraz Island, CA - Mar 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:40	5.4	12:33	5.3	6:20	1.1	6:30	0.5	6:39	6:03	☀
2	Wed	1:06	5.6	1:24	4.9	7:04	0.7	7:03	1.0	6:38	6:04	☀
3	Thu	1:36	5.8	2:22	4.5	7:52	0.4	7:38	1.7	6:36	6:05	☀
4	Fri	2:10	5.9	3:35	4.0	8:47	0.3	8:19	2.3	6:35	6:06	☀
5	Sat	2:51	6.0	5:09	3.8	9:52	0.1	9:11	2.9	6:33	6:07	☀
6	Sun	3:44	5.9	6:56	3.9	11:09	0.0	10:29	3.3	6:32	6:08	☀
7	Mon	4:51	5.8	8:17	4.2			12:30	-0.2	6:30	6:09	☀
8	Tue	6:08	5.8	9:09	4.5	12:09	3.4	1:41	-0.4	6:29	6:10	☀
9	Wed	7:23	5.9	9:50	4.8	1:33	3.1	2:39	-0.6	6:28	6:11	☀
10	Thu	8:30	6.0	10:26	5.1	2:37	2.6	3:27	-0.7	6:26	6:12	☀
11	Fri	9:28	6.0	10:59	5.3	3:31	2.0	4:09	-0.7	6:25	6:13	☀
12	Sat	10:22	5.9	11:30	5.5	4:19	1.5	4:46	-0.4	6:23	6:14	☀
13	Sun			12:12	5.7	6:05	1.1	6:21	0.0	7:22	7:15	☀
14	Mon	1:00	5.6	1:01	5.3	6:48	0.7	6:55	0.5	7:20	7:16	☀
15	Tue	1:28	5.7	1:50	5.0	7:31	0.4	7:28	1.0	7:19	7:17	☀
16	Wed	1:55	5.7	2:41	4.6	8:12	0.3	8:01	1.7	7:17	7:18	☀
17	Thu	2:23	5.7	3:36	4.2	8:55	0.3	8:35	2.3	7:16	7:19	☀
18	Fri	2:52	5.5	4:41	3.9	9:42	0.3	9:12	2.8	7:14	7:20	☀
19	Sat	3:25	5.4	6:07	3.7	10:35	0.5	10:01	3.2	7:12	7:21	☀
20	Sun	4:09	5.1	7:55	3.8	11:40	0.6	11:23	3.5	7:11	7:22	☀
21	Mon	5:06	4.9	9:10	4.0			12:53	0.6	7:09	7:23	☀
22	Tue	6:18	4.8	9:51	4.1	1:05	3.5	2:00	0.5	7:08	7:24	☀
23	Wed	7:30	4.8	10:20	4.3	2:18	3.2	2:55	0.3	7:06	7:24	☀
24	Thu	8:34	5.0	10:45	4.5	3:10	2.9	3:38	0.1	7:05	7:25	☀
25	Fri	9:30	5.1	11:08	4.7	3:52	2.4	4:14	0.0	7:03	7:26	☀
26	Sat	10:20	5.2	11:30	5.0	4:29	1.9	4:47	0.0	7:02	7:27	☀
27	Sun	11:08	5.2	11:54	5.2	5:06	1.4	5:18	0.2	7:00	7:28	☀
28	Mon	11:57	5.2			5:42	0.8	5:50	0.5	6:59	7:29	☀
29	Tue	12:20	5.5	12:46	5.1	6:21	0.3	6:22	0.9	6:57	7:30	☀
30	Wed	12:47	5.8	1:39	4.9	7:02	-0.2	6:57	1.4	6:56	7:31	☀
31	Thu	1:18	6.1	2:36	4.7	7:46	-0.5	7:34	1.9	6:54	7:32	☀