

































Alcatraz Island, CA - Mar 2046

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:23	5.5	9:12	4.5	12:33	3.2	1:53	0.0	6:40	6:03	
2	Fri	7:30	5.5	9:54	4.7	1:47	3.0	2:46	-0.1	6:38	6:04	
3	Sat	8:29	5.5	10:29	4.8	2:44	2.7	3:29	-0.1	6:37	6:05	
4	Sun	9:18	5.5	10:58	4.9	3:30	2.4	4:05	-0.1	6:36	6:06	
5	Mon	10:02	5.5	11:22	5.0	4:10	2.1	4:36	0.0	6:34	6:07	
6	Tue	10:43	5.4	11:44	5.0	4:46	1.8	5:04	0.2	6:33	6:08	
7	Wed	11:22	5.2			5:20	1.5	5:30	0.5	6:31	6:09	
8	Thu	12:05	5.2	12:00	5.0	5:52	1.2	5:55	0.8	6:30	6:10	
9	Fri	12:26	5.3	12:40	4.7	6:25	1.0	6:21	1.2	6:28	6:11	
10	Sat	12:48	5.4	1:23	4.5	6:59	0.8	6:48	1.6	6:27	6:12	
11	Sun	1:13	5.5	3:11	4.2	8:37	0.6	8:17	2.1	7:25	7:13	
12	Mon	2:42	5.5	4:10	3.9	9:20	0.6	8:49	2.5	7:24	7:14	
13	Tue	3:17	5.5	5:28	3.7	10:12	0.5	9:30	2.9	7:22	7:15	
14	Wed	4:02	5.4	7:08	3.6	11:17	0.4	10:32	3.3	7:21	7:16	
15	Thu	5:00	5.4	8:35	3.8			12:31	0.3	7:19	7:17	
16	Fri	6:12	5.4	9:27	4.1	12:08	3.4	1:43	0.0	7:18	7:18	
17	Sat	7:27	5.5	10:05	4.4	1:39	3.2	2:44	-0.3	7:16	7:18	
18	Sun	8:38	5.7	10:39	4.8	2:47	2.7	3:35	-0.5	7:15	7:19	
19	Mon	9:42	5.8	11:11	5.2	3:43	2.0	4:19	-0.6	7:13	7:20	
20	Tue	10:42	5.9	11:43	5.5	4:34	1.3	5:01	-0.4	7:12	7:21	
21	Wed	11:39	5.8			5:23	0.6	5:41	-0.1	7:10	7:22	
22	Thu	12:16	5.9	12:36	5.7	6:12	0.0	6:21	0.4	7:09	7:23	
23	Fri	12:51	6.2	1:33	5.4	7:01	-0.5	7:01	1.0	7:07	7:24	
24	Sat	1:27	6.4	2:32	5.0	7:51	-0.7	7:43	1.6	7:06	7:25	
25	Sun	2:05	6.4	3:36	4.6	8:43	-0.7	8:29	2.2	7:04	7:26	
26	Mon	2:47	6.2	4:47	4.3	9:39	-0.6	9:22	2.7	7:03	7:27	
27	Tue	3:34	5.9	6:08	4.2	10:42	-0.3	10:31	3.1	7:01	7:28	
28	Wed	4:31	5.5	7:33	4.2	11:52	0.0			6:59	7:29	
29	Thu	5:38	5.1	8:42	4.4	12:02	3.2	1:05	0.1	6:58	7:30	
30	Fri	6:53	4.9	9:32	4.5	1:29	3.0	2:10	0.2	6:56	7:30	
31	Sat	8:05	4.8	10:10	4.7	2:36	2.6	3:03	0.2	6:55	7:31	