

































Alcatraz Island, CA - Mar 2048

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:07	5.5	12:03	5.5	5:47	0.9	6:00	0.3	6:39	6:03	
2	Mon	12:37	5.7	12:53	5.2	6:31	0.6	6:35	0.8	6:38	6:04	
3	Tue	1:10	5.9	1:48	4.9	7:18	0.3	7:13	1.3	6:36	6:05	
4	Wed	1:46	6.1	2:50	4.4	8:11	0.1	7:55	1.9	6:35	6:06	
5	Thu	2:28	6.1	4:06	4.1	9:11	0.0	8:45	2.4	6:33	6:07	
6	Fri	3:19	6.0	5:36	3.9	10:21	0.0	9:53	2.8	6:32	6:08	
7	Sat	4:21	5.9	7:06	4.1	11:38	0.0	11:22	3.0	6:30	6:09	
8	Sun	6:34	5.8	9:14	4.4			1:53	-0.2	7:29	7:10	
9	Mon	7:49	5.7	10:05	4.7	1:51	2.9	2:56	-0.3	7:27	7:11	
10	Tue	8:58	5.8	10:46	5.0	3:02	2.5	3:48	-0.4	7:26	7:12	
11	Wed	9:59	5.8	11:23	5.3	4:00	2.0	4:33	-0.4	7:24	7:13	
12	Thu	10:53	5.7	11:56	5.4	4:50	1.5	5:13	-0.2	7:23	7:14	
13	Fri	11:44	5.6			5:35	1.1	5:49	0.1	7:21	7:15	
14	Sat	12:27	5.6	12:32	5.4	6:17	0.7	6:24	0.5	7:20	7:16	
15	Sun	12:56	5.7	1:18	5.1	6:57	0.5	6:58	0.9	7:18	7:17	
16	Mon	1:24	5.7	2:04	4.8	7:36	0.4	7:31	1.4	7:17	7:18	
17	Tue	1:52	5.6	2:52	4.5	8:15	0.3	8:05	1.9	7:15	7:19	
18	Wed	2:20	5.6	3:44	4.2	8:56	0.3	8:41	2.3	7:14	7:20	
19	Thu	2:53	5.4	4:44	3.9	9:41	0.5	9:22	2.7	7:12	7:21	
20	Fri	3:31	5.3	6:00	3.7	10:34	0.6	10:16	3.0	7:11	7:22	
21	Sat	4:18	5.1	7:27	3.7	11:38	0.7	11:35	3.2	7:09	7:23	
22	Sun	5:18	4.9	8:37	3.9			12:48	0.7	7:08	7:24	
23	Mon	6:27	4.8	9:21	4.1	1:03	3.1	1:52	0.5	7:06	7:25	
24	Tue	7:36	4.8	9:55	4.4	2:11	2.9	2:43	0.4	7:05	7:25	
25	Wed	8:39	4.9	10:23	4.6	3:03	2.5	3:26	0.3	7:03	7:26	
26	Thu	9:36	5.1	10:50	4.9	3:47	2.0	4:04	0.2	7:02	7:27	
27	Fri	10:29	5.2	11:18	5.2	4:27	1.4	4:40	0.3	7:00	7:28	
28	Sat	11:20	5.2	11:47	5.6	5:06	0.8	5:15	0.5	6:59	7:29	
29	Sun			12:12	5.2	5:47	0.3	5:51	0.8	6:57	7:30	
30	Mon	12:19	5.9	1:04	5.1	6:29	-0.3	6:28	1.2	6:56	7:31	
31	Tue	12:52	6.1	1:59	5.0	7:14	-0.6	7:08	1.6	6:54	7:32	