

































## Alcatraz Island, CA - Mar 2049

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:06	6.2	10:35	5.3	2:59	2.0	3:43	-0.7	6:39	6:03	
2	Tue	10:02	6.3	11:11	5.6	3:52	1.5	4:26	-0.6	6:38	6:04	
3	Wed	10:56	6.1	11:47	5.8	4:42	1.0	5:07	-0.4	6:37	6:05	
4	Thu	11:48	5.9			5:31	0.7	5:47	0.0	6:35	6:06	
5	Fri	12:22	6.0	12:39	5.5	6:18	0.4	6:26	0.5	6:34	6:07	
6	Sat	12:57	6.0	1:32	5.1	7:06	0.3	7:05	1.1	6:32	6:08	
7	Sun	1:33	6.0	2:28	4.6	7:55	0.3	7:47	1.7	6:31	6:09	
8	Mon	2:10	5.8	3:31	4.2	8:47	0.4	8:32	2.2	6:29	6:10	
9	Tue	2:51	5.6	4:46	4.0	9:45	0.5	9:29	2.7	6:28	6:11	
10	Wed	3:38	5.3	6:15	3.9	10:51	0.7	10:43	3.0	6:26	6:12	
11	Thu	4:35	5.1	7:35	4.0			12:03	0.7	6:25	6:13	
12	Fri	5:41	5.0	8:31	4.2	12:05	3.0	1:08	0.6	6:23	6:14	
13	Sat	6:48	4.9	9:11	4.4	1:15	2.9	2:01	0.5	6:22	6:15	
14	Sun	8:48	5.0	10:42	4.6	3:10	2.6	3:45	0.4	7:20	7:16	
15	Mon	9:40	5.1	11:09	4.7	3:55	2.2	4:21	0.3	7:19	7:17	
16	Tue	10:27	5.2	11:34	4.9	4:34	1.8	4:54	0.3	7:17	7:18	
17	Wed	11:11	5.2	11:59	5.1	5:10	1.5	5:24	0.4	7:16	7:19	
18	Thu	11:54	5.2			5:45	1.1	5:53	0.6	7:14	7:20	
19	Fri	12:25	5.4	12:38	5.1	6:19	0.7	6:23	0.8	7:13	7:21	
20	Sat	12:53	5.6	1:23	5.0	6:55	0.4	6:55	1.2	7:11	7:21	
21	Sun	1:22	5.7	2:11	4.8	7:35	0.1	7:29	1.5	7:10	7:22	
22	Mon	1:54	5.8	3:04	4.5	8:18	-0.1	8:07	1.9	7:08	7:23	
23	Tue	2:31	5.9	4:05	4.3	9:07	-0.2	8:51	2.3	7:07	7:24	
24	Wed	3:15	5.8	5:17	4.1	10:04	-0.2	9:46	2.7	7:05	7:25	
25	Thu	4:09	5.7	6:37	4.0	11:10	-0.2	11:01	2.9	7:04	7:26	
26	Fri	5:15	5.5	7:53	4.2			12:23	-0.1	7:02	7:27	
27	Sat	6:31	5.4	8:52	4.5	12:33	2.8	1:33	-0.2	7:01	7:28	
28	Sun	7:48	5.3	9:39	4.9	1:55	2.5	2:34	-0.2	6:59	7:29	
29	Mon	8:59	5.4	10:19	5.2	3:02	1.9	3:27	-0.2	6:58	7:30	
30	Tue	10:03	5.4	10:57	5.6	3:57	1.3	4:13	0.0	6:56	7:31	
31	Wed	11:01	5.4	11:32	5.8	4:47	0.7	4:56	0.2	6:55	7:32	