

































Alcatraz Island, CA - Mar 2050

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:42	5.4	8:13	4.3			1:02	0.4	6:40	6:03	
2	Wed	6:48	5.4	9:07	4.5	12:57	2.8	2:02	0.3	6:38	6:04	
3	Thu	7:49	5.4	9:48	4.7	2:00	2.6	2:51	0.2	6:37	6:05	
4	Fri	8:42	5.4	10:22	4.8	2:52	2.3	3:31	0.2	6:35	6:06	
5	Sat	9:29	5.4	10:51	4.9	3:35	2.1	4:05	0.2	6:34	6:07	
6	Sun	10:10	5.4	11:17	5.0	4:14	1.8	4:36	0.3	6:33	6:08	
7	Mon	10:50	5.3	11:41	5.1	4:49	1.5	5:04	0.4	6:31	6:09	
8	Tue	11:28	5.2			5:22	1.3	5:31	0.6	6:30	6:10	
9	Wed	12:05	5.2	12:07	5.0	5:55	1.1	5:59	0.9	6:28	6:11	
10	Thu	12:30	5.4	12:47	4.8	6:28	0.9	6:27	1.2	6:27	6:12	
11	Fri	12:57	5.5	1:30	4.6	7:04	0.7	6:58	1.5	6:25	6:13	
12	Sat	1:27	5.5	2:19	4.3	7:44	0.6	7:31	1.9	6:24	6:14	
13	Sun	3:01	5.5	4:17	4.0	9:31	0.5	9:11	2.3	7:22	7:15	
14	Mon	3:42	5.5	5:30	3.8	10:27	0.5	10:03	2.7	7:21	7:16	
15	Tue	4:33	5.4	6:55	3.8	11:33	0.4	11:15	2.9	7:19	7:17	
16	Wed	5:36	5.4	8:13	4.0			12:44	0.2	7:18	7:18	
17	Thu	6:49	5.4	9:10	4.3	12:43	2.9	1:52	0.0	7:16	7:18	
18	Fri	8:01	5.5	9:56	4.7	2:01	2.6	2:51	-0.2	7:15	7:19	
19	Sat	9:09	5.7	10:35	5.1	3:05	2.1	3:42	-0.4	7:13	7:20	
20	Sun	10:10	5.8	11:13	5.5	4:01	1.4	4:29	-0.4	7:12	7:21	
21	Mon	11:08	5.9	11:50	5.8	4:52	0.8	5:13	-0.2	7:10	7:22	
22	Tue			12:04	5.8	5:41	0.3	5:56	0.1	7:09	7:23	
23	Wed	12:28	6.1	12:59	5.6	6:30	-0.2	6:38	0.5	7:07	7:24	
24	Thu	1:06	6.3	1:54	5.3	7:19	-0.4	7:21	1.0	7:06	7:25	
25	Fri	1:45	6.3	2:51	5.0	8:08	-0.5	8:06	1.5	7:04	7:26	
26	Sat	2:26	6.2	3:51	4.7	9:00	-0.4	8:56	2.0	7:02	7:27	
27	Sun	3:09	5.9	4:58	4.4	9:55	-0.2	9:53	2.4	7:01	7:28	
28	Mon	3:58	5.5	6:13	4.2	10:56	0.1	11:04	2.7	6:59	7:29	
29	Tue	4:55	5.2	7:30	4.3			12:04	0.3	6:58	7:30	
30	Wed	6:01	4.9	8:34	4.4	12:26	2.8	1:13	0.4	6:56	7:31	
31	Thu	7:12	4.7	9:23	4.6	1:41	2.6	2:13	0.5	6:55	7:31	