US HARBORS www.USHarbors.com

Alcatraz Island, CA - Mar 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**8:33**	6.2	**10:16**	5.1	**2:28**	2.2	**3:19**	-0.6	6:39	6:03	
2	Sun	**9:30**	6.3	**10:57**	5.4	**3:24**	1.9	**4:05**	-0.7	6:38	6:04	
3	Mon	**10:23**	6.2	**11:35**	5.6	**4:15**	1.5	**4:48**	-0.6	6:36	6:05	
4	Tue	**11:13**	6.1			**5:02**	1.2	**5:28**	-0.4	6:35	6:06	
5	Wed	**12:11**	5.7	**12:02**	5.8	**5:49**	0.9	**6:07**	0.0	6:34	6:07	
6	Thu	**12:47**	5.7	**12:50**	5.4	**6:34**	0.8	**6:46**	0.4	6:32	6:08	
7	Fri	**1:21**	5.7	**1:39**	5.0	**7:20**	0.7	**7:24**	1.0	6:31	6:09	
8	Sat	**1:56**	5.6	**2:31**	4.6	**8:07**	0.7	**8:05**	1.5	6:29	6:10	
9	Sun	**3:32**	5.4	**4:29**	4.2	**9:57**	0.8	**9:50**	2.0	7:28	7:11	
10	Mon	**4:12**	5.3	**5:41**	3.9	**10:54**	0.9	**10:45**	2.5	7:26	7:12	
11	Tue	**4:58**	5.1	**7:08**	3.8	**11:59**	0.9	**11:58**	2.8	7:25	7:13	
12	Wed	**5:54**	4.9	**8:30**	3.9			**1:07**	0.9	7:23	7:14	
13	Thu	**6:57**	4.9	**9:29**	4.1	**1:17**	2.9	**2:10**	0.7	7:22	7:15	
14	Fri	**8:00**	4.9	**10:11**	4.4	**2:23**	2.8	**3:02**	0.5	7:20	7:16	
15	Sat	**8:57**	5.1	**10:44**	4.6	**3:16**	2.5	**3:46**	0.3	7:19	7:17	
16	Sun	**9:47**	5.2	**11:13**	4.8	**4:00**	2.2	**4:24**	0.2	7:17	7:18	
17	Mon	**10:34**	5.3	**11:42**	5.0	**4:38**	1.9	**4:59**	0.1	7:16	7:19	
18	Tue	**11:18**	5.4			**5:14**	1.5	**5:32**	0.1	7:14	7:20	
19	Wed	**12:10**	5.2	**12:02**	5.4	**5:49**	1.2	**6:05**	0.2	7:13	7:21	
20	Thu	**12:40**	5.4	**12:47**	5.4	**6:26**	0.8	**6:39**	0.4	7:11	7:22	
21	Fri	**1:11**	5.6	**1:33**	5.2	**7:05**	0.4	**7:15**	0.7	7:10	7:22	
22	Sat	**1:44**	5.7	**2:24**	5.0	**7:48**	0.2	**7:54**	1.1	7:08	7:23	
23	Sun	**2:20**	5.8	**3:19**	4.7	**8:35**	0.0	**8:37**	1.6	7:07	7:24	
24	Mon	**3:01**	5.8	**4:24**	4.4	**9:29**	-0.1	**9:27**	2.0	7:05	7:25	
25	Tue	**3:49**	5.8	**5:39**	4.3	**10:30**	-0.1	**10:29**	2.4	7:04	7:26	
26	Wed	**4:46**	5.6	**7:00**	4.3	**11:40**	0.0	**11:49**	2.6	7:02	7:27	
27	Thu	**5:54**	5.4	**8:15**	4.5			**12:54**	-0.1	7:01	7:28	
28	Fri	**7:09**	5.4	**9:14**	4.8	**1:14**	2.5	**2:03**	-0.1	6:59	7:29	
29	Sat	**8:21**	5.4	**10:03**	5.1	**2:28**	2.2	**3:03**	-0.2	6:58	7:30	
30	Sun	**9:27**	5.5	**10:45**	5.4	**3:29**	1.7	**3:54**	-0.2	6:56	7:31	
31	Mon	**10:26**	5.5	**11:23**	5.6	**4:21**	1.2	**4:39**	-0.1	6:54	7:32	