

































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	