

































Alcatraz Island, CA - Mar 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:05	5.4	7:16	4.1			12:11	0.7	6:40	6:03	
2	Mon	6:06	5.3	8:28	4.3	12:04	2.7	1:17	0.6	6:38	6:04	
3	Tue	7:06	5.3	9:21	4.5	1:16	2.8	2:13	0.4	6:37	6:05	
4	Wed	8:02	5.3	10:01	4.6	2:15	2.6	2:59	0.2	6:35	6:06	
5	Thu	8:51	5.4	10:34	4.8	3:03	2.4	3:38	0.1	6:34	6:07	
6	Fri	9:35	5.5	11:02	4.9	3:44	2.2	4:13	0.1	6:33	6:08	
7	Sat	10:15	5.5	11:29	4.9	4:21	2.0	4:44	0.1	6:31	6:09	
8	Sun	11:54	5.5			5:54	1.7	6:14	0.1	7:30	7:10	
9	Mon	12:54	5.0	12:32	5.4	6:27	1.5	6:43	0.3	7:28	7:11	
10	Tue	1:20	5.2	1:11	5.2	6:59	1.3	7:12	0.5	7:27	7:12	
11	Wed	1:47	5.3	1:52	5.0	7:34	1.1	7:43	0.8	7:25	7:13	
12	Thu	2:16	5.4	2:37	4.7	8:12	0.9	8:17	1.2	7:24	7:14	
13	Fri	2:48	5.4	3:28	4.4	8:56	0.7	8:54	1.6	7:22	7:15	
14	Sat	3:24	5.5	4:31	4.1	9:47	0.6	9:39	2.1	7:21	7:16	
15	Sun	4:08	5.5	5:50	4.0	10:47	0.5	10:37	2.5	7:19	7:17	
16	Mon	5:01	5.4	7:18	4.0	11:57	0.4	11:53	2.7	7:18	7:18	
17	Tue	6:06	5.4	8:36	4.2			1:10	0.1	7:16	7:18	
18	Wed	7:18	5.5	9:34	4.6	1:16	2.7	2:18	-0.2	7:15	7:19	
19	Thu	8:28	5.7	10:21	4.9	2:29	2.4	3:16	-0.4	7:13	7:20	
20	Fri	9:32	5.9	11:03	5.2	3:30	2.0	4:08	-0.6	7:12	7:21	
21	Sat	10:31	6.0	11:42	5.5	4:24	1.5	4:54	-0.6	7:10	7:22	
22	Sun	11:27	6.0			5:14	0.9	5:38	-0.4	7:09	7:23	
23	Mon	12:20	5.8	12:20	5.9	6:02	0.5	6:21	-0.1	7:07	7:24	
24	Tue	12:57	5.9	1:13	5.7	6:50	0.2	7:02	0.3	7:05	7:25	
25	Wed	1:34	6.0	2:06	5.3	7:38	0.0	7:44	0.8	7:04	7:26	
26	Thu	2:11	5.9	3:01	4.9	8:26	-0.1	8:28	1.4	7:02	7:27	
27	Fri	2:50	5.8	4:00	4.6	9:16	0.0	9:16	1.9	7:01	7:28	
28	Sat	3:31	5.5	5:08	4.3	10:10	0.2	10:12	2.4	6:59	7:29	
29	Sun	4:17	5.2	6:26	4.1	11:11	0.4	11:23	2.7	6:58	7:30	
30	Mon	5:11	4.9	7:46	4.2			12:17	0.5	6:56	7:31	
31	Tue	6:15	4.7	8:51	4.3	12:45	2.8	1:24	0.5	6:55	7:31	