US HARBORS www.USHarbors.com

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	