

































Alcatraz Island, CA - Mar 2055

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:27	5.1	1:19	4.8	7:11	1.5	7:18	0.9	6:40	6:03	
2	Tue	1:54	5.2	2:02	4.5	7:50	1.4	7:50	1.3	6:39	6:04	
3	Wed	2:25	5.2	2:54	4.2	8:34	1.3	8:26	1.8	6:37	6:05	
4	Thu	3:00	5.2	4:01	3.8	9:27	1.2	9:09	2.2	6:36	6:06	
5	Fri	3:43	5.2	5:29	3.7	10:30	1.0	10:08	2.7	6:34	6:07	
6	Sat	4:36	5.2	7:03	3.8	11:41	0.8	11:25	2.9	6:33	6:08	
7	Sun	5:38	5.3	8:16	4.1			12:49	0.4	6:31	6:09	
8	Mon	6:44	5.5	9:07	4.4	12:43	2.9	1:50	0.0	6:30	6:10	
9	Tue	7:47	5.8	9:50	4.8	1:49	2.7	2:42	-0.4	6:28	6:11	
10	Wed	8:46	6.1	10:29	5.1	2:44	2.3	3:30	-0.7	6:27	6:12	
11	Thu	9:42	6.3	11:06	5.4	3:35	1.8	4:15	-0.9	6:26	6:13	
12	Fri	10:36	6.3	11:43	5.6	4:24	1.3	4:58	-0.8	6:24	6:14	
13	Sat	11:30	6.2			5:13	0.8	5:40	-0.5	6:23	6:14	
14	Sun	12:21	5.9	1:24	6.0	7:03	0.4	7:23	-0.1	7:21	7:15	
15	Mon	1:59	6.0	2:20	5.6	7:55	0.1	8:07	0.5	7:20	7:16	
16	Tue	2:39	6.1	3:20	5.1	8:49	0.0	8:53	1.1	7:18	7:17	
17	Wed	3:22	6.0	4:27	4.6	9:47	0.0	9:45	1.8	7:17	7:18	
18	Thu	4:09	5.8	5:45	4.3	10:51	0.1	10:48	2.3	7:15	7:19	
19	Fri	5:04	5.6	7:13	4.2			12:02	0.2	7:13	7:20	
20	Sat	6:06	5.3	8:34	4.4	12:07	2.7	1:15	0.2	7:12	7:21	
21	Sun	7:14	5.2	9:36	4.6	1:30	2.7	2:21	0.2	7:10	7:22	
22	Mon	8:21	5.1	10:22	4.8	2:40	2.6	3:17	0.1	7:09	7:23	
23	Tue	9:20	5.1	11:00	4.9	3:35	2.3	4:03	0.1	7:07	7:24	
24	Wed	10:10	5.2	11:32	5.0	4:21	2.0	4:42	0.1	7:06	7:25	
25	Thu	10:55	5.2	11:59	5.0	5:01	1.7	5:16	0.2	7:04	7:26	
26	Fri	11:37	5.2			5:36	1.4	5:47	0.4	7:03	7:27	
27	Sat	12:24	5.1	12:16	5.1	6:09	1.2	6:16	0.6	7:01	7:28	
28	Sun	12:47	5.2	12:55	4.9	6:41	0.9	6:45	0.8	7:00	7:28	
29	Mon	1:12	5.2	1:35	4.8	7:12	0.7	7:14	1.1	6:58	7:29	
30	Tue	1:37	5.3	2:16	4.6	7:45	0.6	7:44	1.5	6:57	7:30	
31	Wed	2:05	5.3	3:03	4.4	8:22	0.4	8:17	1.9	6:55	7:31	