US HARBORS www.USHarbors.com

Alcatraz Island, CA - Mar 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	10:52	6.3			4:45	1.8	5:22	-0.8	6:39	6:03	
2	Thu	12:12	5.4	11:42 AM	6.2	5:30	1.4	6:01	-0.6	6:38	6:04	
3	Fri	12:46	5.6	12:33	6.0	6:18	1.0	6:41	-0.2	6:36	6:05	
4	Sat	1:23	5.8	1:28	5.5	7:08	0.6	7:22	0.3	6:35	6:06	
5	Sun	2:01	5.9	2:29	5.0	8:04	0.4	8:07	1.0	6:33	6:07	
6	Mon	2:43	6.0	3:39	4.5	9:05	0.3	8:57	1.7	6:32	6:08	
7	Tue	3:32	5.9	5:04	4.2	10:14	0.2	9:59	2.3	6:30	6:09	
8	Wed	4:28	5.8	6:39	4.2	11:30	0.2	11:19	2.7	6:29	6:10	
9	Thu	5:33	5.7	8:01	4.4			12:45	0.0	6:27	6:11	
10	Fri	6:41	5.6	9:02	4.7	12:44	2.8	1:51	-0.2	6:26	6:12	
11	Sat	7:47	5.7	9:50	4.9	1:56	2.7	2:46	-0.3	6:24	6:13	
12	Sun	9:46	5.7	11:30	5.1	3:54	2.4	4:33	-0.3	7:23	7:14	
13	Mon	10:37	5.7			4:43	2.1	5:13	-0.3	7:21	7:15	
14	Tue	12:04	5.2	11:23 AM	5.6	5:25	1.8	5:48	-0.2	7:20	7:16	
15	Wed	12:35	5.2	12:06	5.5	6:04	1.5	6:21	0.1	7:18	7:17	
16	Thu	1:02	5.2	12:46	5.3	6:40	1.3	6:52	0.4	7:17	7:18	
17	Fri	1:28	5.2	1:26	5.0	7:15	1.1	7:22	0.7	7:15	7:19	
18	Sat	1:52	5.2	2:07	4.8	7:49	1.0	7:52	1.1	7:14	7:20	
19	Sun	2:17	5.2	2:50	4.5	8:25	0.8	8:23	1.6	7:12	7:21	
20	Mon	2:44	5.2	3:39	4.2	9:05	0.8	8:56	2.0	7:11	7:22	
21	Tue	3:15	5.2	4:39	3.9	9:49	0.8	9:35	2.5	7:09	7:23	
22	Wed	3:52	5.1	5:56	3.7	10:43	0.8	10:28	2.9	7:08	7:24	
23	Thu	4:39	5.0	7:28	3.8	11:47	0.7	11:45	3.1	7:06	7:25	
24	Fri	5:39	4.9	8:43	4.0			12:57	0.6	7:05	7:25	
25	Sat	6:47	4.9	9:34	4.3	1:12	3.1	2:01	0.3	7:03	7:26	
26	Sun	7:56	5.1	10:13	4.5	2:20	2.9	2:56	0.0	7:02	7:27	
27	Mon	8:58	5.3	10:47	4.8	3:13	2.5	3:44	-0.3	7:00	7:28	
28	Tue	9:56	5.6	11:20	5.1	4:00	2.0	4:27	-0.4	6:59	7:29	
29	Wed	10:51	5.8	11:53	5.4	4:44	1.4	5:09	-0.4	6:57	7:30	
30	Thu	11:44	5.8			5:29	0.8	5:50	-0.2	6:56	7:31	
31	Fri	12:27	5.7	12:38	5.7	6:15	0.2	6:30	0.1	6:54	7:32	