
































Alcatraz Island, CA - Mar 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:54	6.1	10:07	4.9	1:53	2.9	2:58	-0.7	6:39	6:03	
2	Fri	8:54	6.2	10:48	5.1	2:55	2.6	3:47	-0.8	6:38	6:04	
3	Sat	9:48	6.2	11:26	5.3	3:48	2.2	4:30	-0.8	6:36	6:05	
4	Sun	10:39	6.2			4:36	1.9	5:10	-0.7	6:35	6:06	
5	Mon	12:00	5.4	11:26 AM	5.9	5:21	1.6	5:48	-0.4	6:34	6:07	
6	Tue	12:33	5.4	12:12	5.6	6:05	1.3	6:23	0.0	6:32	6:08	
7	Wed	1:03	5.4	12:57	5.2	6:47	1.1	6:57	0.5	6:31	6:09	
8	Thu	1:33	5.4	1:45	4.8	7:30	1.0	7:32	1.1	6:29	6:10	
9	Fri	2:02	5.3	2:36	4.4	8:15	1.0	8:08	1.7	6:28	6:11	
10	Sat	2:32	5.3	3:37	4.0	9:04	0.9	8:48	2.2	6:26	6:12	
11	Sun	4:07	5.2	5:57	3.7	11:00	1.0	10:39	2.7	7:25	7:13	
12	Mon	4:50	5.0	7:38	3.7			12:06	0.9	7:23	7:14	
13	Tue	5:44	4.9	9:03	3.9			1:16	0.8	7:22	7:15	
14	Wed	6:48	4.9	9:56	4.2	1:19	3.2	2:20	0.6	7:20	7:16	
15	Thu	7:53	5.0	10:33	4.4	2:28	3.1	3:12	0.3	7:19	7:17	
16	Fri	8:52	5.2	11:04	4.6	3:20	2.9	3:56	0.0	7:17	7:18	
17	Sat	9:45	5.4	11:32	4.8	4:03	2.5	4:34	-0.2	7:16	7:19	
18	Sun	10:33	5.6			4:41	2.1	5:09	-0.3	7:14	7:20	
19	Mon	12:00	5.0	11:19 AM	5.7	5:18	1.7	5:43	-0.3	7:13	7:21	
20	Tue	12:28	5.2	12:06	5.7	5:56	1.3	6:17	-0.1	7:11	7:22	
21	Wed	12:57	5.4	12:53	5.6	6:37	0.8	6:53	0.2	7:10	7:22	
22	Thu	1:28	5.6	1:44	5.3	7:20	0.4	7:29	0.6	7:08	7:23	
23	Fri	2:01	5.8	2:40	5.0	8:07	0.0	8:08	1.2	7:07	7:24	
24	Sat	2:37	5.9	3:42	4.6	8:59	-0.2	8:52	1.8	7:05	7:25	
25	Sun	3:18	5.9	4:56	4.3	9:57	-0.2	9:44	2.4	7:04	7:26	
26	Mon	4:07	5.8	6:23	4.1	11:03	-0.2	10:52	2.8	7:02	7:27	
27	Tue	5:07	5.7	7:52	4.3			12:18	-0.2	7:00	7:28	
28	Wed	6:19	5.5	9:02	4.5	12:22	3.0	1:33	-0.3	6:59	7:29	
29	Thu	7:35	5.4	9:55	4.8	1:51	2.9	2:39	-0.4	6:57	7:30	
30	Fri	8:46	5.4	10:38	5.1	3:01	2.5	3:35	-0.4	6:56	7:31	
31	Sat	9:49	5.5	11:15	5.3	3:57	2.0	4:22	-0.4	6:54	7:32	