US HARBORS www.USHarbors.com

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	