

































## Alcatraz Island, CA - Mar 2058

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:06	5.4	6:23	3.8	11:16	0.8	10:50	2.9	6:40	6:03	
2	Sat	4:57	5.3	7:59	4.0			12:27	0.7	6:38	6:04	
3	Sun	5:57	5.2	9:03	4.3	12:12	3.2	1:32	0.5	6:37	6:05	
4	Mon	6:59	5.2	9:47	4.5	1:26	3.2	2:26	0.3	6:35	6:06	
5	Tue	7:56	5.3	10:22	4.6	2:23	3.0	3:11	0.1	6:34	6:07	
6	Wed	8:47	5.4	10:51	4.7	3:09	2.8	3:49	-0.1	6:32	6:08	
7	Thu	9:31	5.5	11:17	4.8	3:48	2.5	4:23	-0.2	6:31	6:09	
8	Fri	10:13	5.6	11:42	4.9	4:23	2.2	4:53	-0.2	6:30	6:10	
9	Sat	10:53	5.6			4:57	1.9	5:21	-0.1	6:28	6:11	
10	Sun	12:06	5.0	12:32	5.5	6:30	1.6	6:49	0.1	7:27	7:12	
11	Mon	1:31	5.2	1:14	5.3	7:05	1.3	7:18	0.4	7:25	7:13	
12	Tue	1:57	5.3	1:58	5.0	7:43	1.0	7:49	0.8	7:24	7:14	
13	Wed	2:24	5.5	2:48	4.7	8:25	0.7	8:22	1.3	7:22	7:15	
14	Thu	2:55	5.6	3:47	4.3	9:13	0.5	8:59	1.9	7:21	7:16	
15	Fri	3:31	5.6	5:02	4.0	10:09	0.3	9:45	2.5	7:19	7:17	
16	Sat	4:15	5.6	6:37	3.8	11:15	0.2	10:46	3.0	7:18	7:18	
17	Sun	5:12	5.6	8:14	4.0			12:30	0.0	7:16	7:19	
18	Mon	6:23	5.6	9:24	4.3	12:14	3.2	1:45	-0.2	7:15	7:19	
19	Tue	7:39	5.7	10:14	4.6	1:45	3.1	2:51	-0.5	7:13	7:20	
20	Wed	8:50	5.8	10:54	4.9	2:58	2.7	3:47	-0.7	7:12	7:21	
21	Thu	9:54	6.0	11:31	5.2	3:56	2.2	4:35	-0.8	7:10	7:22	
22	Fri	10:51	6.0			4:48	1.7	5:19	-0.7	7:08	7:23	
23	Sat	12:06	5.4	11:45 AM	5.9	5:36	1.1	5:59	-0.4	7:07	7:24	
24	Sun	12:40	5.6	12:38	5.7	6:23	0.7	6:38	0.0	7:05	7:25	
25	Mon	1:12	5.8	1:29	5.4	7:08	0.3	7:15	0.5	7:04	7:26	
26	Tue	1:44	5.8	2:22	5.0	7:53	0.1	7:53	1.1	7:02	7:27	
27	Wed	2:16	5.8	3:18	4.6	8:39	0.1	8:32	1.8	7:01	7:28	
28	Thu	2:48	5.6	4:20	4.2	9:27	0.1	9:16	2.4	6:59	7:29	
29	Fri	3:23	5.4	5:35	4.0	10:19	0.2	10:09	2.9	6:58	7:30	
30	Sat	4:04	5.2	7:06	4.0	11:20	0.4	11:24	3.2	6:56	7:31	
31	Sun	4:56	4.9	8:28	4.1			12:29	0.5	6:55	7:31	