US HARBORS www.USHarbors.com

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	