US HARBORS www.USHarbors.com

Alcatraz Island, CA - Mar 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:06	5.0	12:39	5.1	6:39	1.6	6:48	0.6	6:40	6:03	
2	Sun	1:29	5.1	1:20	4.7	7:16	1.4	7:15	1.0	6:39	6:04	
3	Mon	1:54	5.2	2:07	4.3	7:56	1.2	7:44	1.5	6:37	6:05	
4	Tue	2:22	5.3	3:05	4.0	8:43	1.0	8:17	2.1	6:36	6:06	
5	Wed	2:55	5.4	4:25	3.7	9:39	0.9	8:57	2.6	6:34	6:07	
6	Thu	3:38	5.4	6:13	3.6	10:46	0.7	9:57	3.1	6:33	6:08	
7	Fri	4:33	5.4	7:55	3.9			12:00	0.3	6:31	6:09	
8	Sat	5:41	5.5	8:56	4.2			1:11	-0.1	6:30	6:10	
9	Sun	7:53	5.7	10:39	4.5	12:57	3.3	3:12	-0.5	7:28	7:11	
10	Mon	9:01	6.0	11:15	4.8	3:05	3.0	4:04	-0.9	7:27	7:12	
11	Tue	10:02	6.3	11:50	5.1	4:01	2.5	4:51	-1.1	7:25	7:13	
12	Wed	10:59	6.4			4:53	1.9	5:34	-1.1	7:24	7:14	
13	Thu	12:24	5.3	11:54 AM	6.3	5:43	1.3	6:16	-0.8	7:22	7:15	
14	Fri	12:58	5.6	12:48	6.1	6:32	0.8	6:56	-0.4	7:21	7:15	
15	Sat	1:32	5.9	1:44	5.7	7:23	0.3	7:36	0.2	7:19	7:16	
16	Sun	2:07	6.0	2:42	5.2	8:14	0.1	8:16	0.9	7:18	7:17	
17	Mon	2:44	6.1	3:45	4.7	9:08	-0.1	9:00	1.7	7:16	7:18	
18	Tue	3:23	6.0	4:59	4.3	10:06	0.0	9:50	2.4	7:15	7:19	
19	Wed	4:06	5.7	6:29	4.1	11:12	0.1	10:55	2.9	7:13	7:20	
20	Thu	4:58	5.4	8:04	4.1			12:24	0.2	7:12	7:21	
21	Fri	6:02	5.2	9:16	4.4	12:23	3.2	1:38	0.2	7:10	7:22	
22	Sat	7:14	5.0	10:07	4.6	1:49	3.2	2:42	0.2	7:09	7:23	
23	Sun	8:22	5.0	10:45	4.7	2:55	2.9	3:34	0.1	7:07	7:24	
24	Mon	9:21	5.1	11:17	4.8	3:46	2.6	4:17	0.0	7:06	7:25	
25	Tue	10:10	5.1	11:43	4.8	4:28	2.2	4:52	0.1	7:04	7:26	
26	Wed	10:54	5.1			5:05	1.8	5:23	0.2	7:03	7:27	
27	Thu	12:06	4.9	11:36 AM	5.1	5:39	1.5	5:51	0.3	7:01	7:28	
28	Fri	12:28	5.0	12:16	5.0	6:12	1.2	6:17	0.6	7:00	7:28	
29	Sat	12:49	5.2	12:56	4.8	6:43	0.9	6:43	0.9	6:58	7:29	
30	Sun	1:11	5.3	1:39	4.7	7:16	0.6	7:10	1.3	6:57	7:30	
31	Mon	1:35	5.4	2:24	4.4	7:51	0.3	7:39	1.8	6:55	7:31	