US HARBORS www.USHarbors.com

Alcatraz Island, CA - Mar 2060

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**10:14**	6.4	**11:48**	5.2	**4:10**	2.2	**4:56**	-1.1	6:39	6:04	
2	Tue	**11:06**	6.4			**4:56**	1.7	**5:34**	-0.9	6:37	6:05	
3	Wed	**12:19**	5.5	**11:58 AM**	6.1	**5:44**	1.1	**6:12**	-0.5	6:36	6:06	
4	Thu	**12:52**	5.7	**12:53**	5.7	**6:35**	0.7	**6:51**	0.1	6:35	6:07	
5	Fri	**1:26**	6.0	**1:52**	5.2	**7:28**	0.3	**7:31**	0.8	6:33	6:07	
6	Sat	**2:03**	6.1	**2:59**	4.6	**8:26**	0.1	**8:14**	1.6	6:32	6:08	
7	Sun	**2:44**	6.1	**4:20**	4.2	**9:30**	0.0	**9:05**	2.4	6:30	6:09	
8	Mon	**3:32**	6.0	**5:59**	4.0	**10:42**	0.0	**10:13**	3.0	6:29	6:10	
9	Tue	**4:31**	5.8	**7:35**	4.2			**12:01**	0.0	6:27	6:11	
10	Wed	**5:40**	5.6	**8:44**	4.5			**1:16**	-0.1	6:26	6:12	
11	Thu	**6:53**	5.5	**9:33**	4.7	**1:12**	3.2	**2:18**	-0.2	6:24	6:13	
12	Fri	**7:59**	5.5	**10:13**	4.9	**2:19**	2.9	**3:09**	-0.3	6:23	6:14	
13	Sat	**8:56**	5.5	**10:47**	5.0	**3:12**	2.5	**3:51**	-0.3	6:21	6:15	
14	Sun	**10:45**	5.5			**4:56**	2.1	**5:26**	-0.2	7:20	7:16	
15	Mon	**12:16**	5.0	**11:28 AM**	5.4	**5:35**	1.8	**5:57**	0.0	7:18	7:17	
16	Tue	**12:41**	5.1	**12:09**	5.3	**6:10**	1.5	**6:25**	0.3	7:17	7:18	
17	Wed	**1:03**	5.1	**12:48**	5.0	**6:44**	1.2	**6:51**	0.6	7:15	7:19	
18	Thu	**1:24**	5.2	**1:28**	4.8	**7:18**	1.0	**7:16**	1.0	7:14	7:20	
19	Fri	**1:45**	5.3	**2:10**	4.5	**7:51**	0.8	**7:42**	1.5	7:12	7:21	
20	Sat	**2:07**	5.3	**2:55**	4.2	**8:27**	0.6	**8:09**	2.0	7:11	7:22	
21	Sun	**2:32**	5.3	**3:49**	4.0	**9:06**	0.5	**8:38**	2.5	7:09	7:23	
22	Mon	**3:01**	5.3	**4:58**	3.7	**9:53**	0.5	**9:12**	2.9	7:08	7:24	
23	Tue	**3:39**	5.2	**6:33**	3.6	**10:49**	0.5	**10:01**	3.3	7:06	7:25	
24	Wed	**4:28**	5.1	**8:17**	3.8	**11:58**	0.4	**11:31**	3.5	7:05	7:26	
25	Thu	**5:34**	5.1	**9:18**	4.0			**1:11**	0.2	7:03	7:26	
26	Fri	**6:51**	5.1	**9:56**	4.3	**1:16**	3.5	**2:16**	-0.1	7:02	7:27	
27	Sat	**8:04**	5.3	**10:28**	4.6	**2:27**	3.1	**3:11**	-0.4	7:00	7:28	
28	Sun	**9:09**	5.5	**10:58**	4.9	**3:21**	2.6	**3:57**	-0.6	6:59	7:29	
29	Mon	**10:09**	5.7	**11:28**	5.2	**4:10**	1.9	**4:40**	-0.6	6:57	7:30	
30	Tue	**11:06**	5.8	**11:59**	5.6	**4:57**	1.2	**5:20**	-0.4	6:56	7:31	
31	Wed			**12:03**	5.7	**5:44**	0.5	**5:59**	0.0	6:54	7:32	