

































## 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	