

Alcatraz Island, CA - Mar 2068

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:03	6.2	10:32	5.2	2:55	2.1	3:40	-0.7	6:39	6:04	
2	Fri	9:59	6.3	11:08	5.5	3:47	1.5	4:23	-0.7	6:37	6:05	
3	Sat	10:54	6.3	11:44	5.9	4:37	1.0	5:05	-0.5	6:36	6:06	
4	Sun	11:48	6.1			5:27	0.5	5:46	-0.1	6:35	6:07	
5	Mon	12:21	6.1	12:43	5.7	6:18	0.1	6:28	0.4	6:33	6:08	
6	Tue	1:00	6.3	1:41	5.3	7:10	-0.1	7:12	1.0	6:32	6:09	
7	Wed	1:41	6.3	2:43	4.8	8:05	-0.1	7:59	1.6	6:30	6:09	
8	Thu	2:25	6.2	3:53	4.4	9:04	0.0	8:52	2.1	6:29	6:10	
9	Fri	3:14	5.9	5:14	4.2	10:11	0.2	10:00	2.6	6:27	6:11	
10	Sat	4:12	5.6	6:41	4.2	11:25	0.3	11:23	2.8	6:26	6:12	
11	Sun	6:18	5.4	8:53	4.4			1:38	0.3	7:24	7:13	
12	Mon	7:28	5.2	9:47	4.6	1:43	2.8	2:41	0.3	7:23	7:14	
13	Tue	8:34	5.2	10:29	4.7	2:49	2.5	3:32	0.2	7:21	7:15	
14	Wed	9:31	5.2	11:04	4.9	3:42	2.2	4:14	0.2	7:20	7:16	
15	Thu	10:20	5.2	11:32	5.0	4:26	1.9	4:49	0.3	7:18	7:17	
16	Fri	11:04	5.2	11:58	5.1	5:05	1.5	5:21	0.5	7:17	7:18	
17	Sat	11:45	5.1			5:40	1.2	5:49	0.6	7:15	7:19	
18	Sun	12:21	5.2	12:25	5.0	6:14	1.0	6:17	0.9	7:14	7:20	
19	Mon	12:45	5.3	1:04	4.8	6:46	0.7	6:44	1.2	7:12	7:21	
20	Tue	1:10	5.4	1:45	4.7	7:18	0.5	7:13	1.5	7:11	7:22	
21	Wed	1:36	5.5	2:28	4.5	7:53	0.4	7:43	1.8	7:09	7:23	
22	Thu	2:05	5.5	3:16	4.2	8:31	0.3	8:16	2.2	7:08	7:24	
23	Fri	2:39	5.5	4:12	4.0	9:16	0.2	8:55	2.5	7:06	7:25	
24	Sat	3:19	5.4	5:21	3.9	10:08	0.2	9:46	2.8	7:05	7:26	
25	Sun	4:08	5.3	6:40	3.9	11:10	0.2	10:57	3.0	7:03	7:26	
26	Mon	5:10	5.2	7:53	4.0			12:19	0.1	7:02	7:27	
27	Tue	6:24	5.2	8:49	4.3	12:26	2.9	1:26	0.0	7:00	7:28	
28	Wed	7:39	5.2	9:33	4.7	1:47	2.6	2:26	-0.1	6:58	7:29	
29	Thu	8:50	5.4	10:12	5.1	2:51	2.0	3:19	-0.2	6:57	7:30	
30	Fri	9:55	5.5	10:49	5.5	3:46	1.3	4:06	-0.1	6:55	7:31	
31	Sat	10:55	5.6	11:26	5.9	4:37	0.6	4:51	0.1	6:54	7:32	