

Alcatraz Island, CA - Mar 2070

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	2:09	5.4	2:46	4.3	8:25	1.0	8:15	1.8	6:39	6:03	
2	Sun	2:44	5.3	3:45	3.9	9:16	1.0	8:58	2.3	6:38	6:04	
3	Mon	3:24	5.2	5:02	3.7	10:15	1.1	9:53	2.7	6:37	6:05	
4	Tue	4:13	5.1	6:33	3.7	11:22	1.0	11:09	2.9	6:35	6:06	
5	Wed	5:11	5.0	7:52	3.9			12:30	0.9	6:34	6:07	
6	Thu	6:15	5.0	8:43	4.1	12:28	2.9	1:29	0.7	6:32	6:08	
7	Fri	7:16	5.1	9:21	4.4	1:32	2.8	2:17	0.4	6:31	6:09	
8	Sat	8:11	5.3	9:54	4.6	2:23	2.5	2:59	0.2	6:29	6:10	
9	Sun	10:01	5.5	11:24	4.9	4:06	2.2	4:36	0.0	7:28	7:11	
10	Mon	10:49	5.6	11:54	5.1	4:45	1.8	5:11	-0.1	7:26	7:12	
11	Tue	11:36	5.7			5:24	1.4	5:47	0.0	7:25	7:13	
12	Wed	12:25	5.4	12:23	5.7	6:04	0.9	6:23	0.1	7:23	7:14	
13	Thu	12:58	5.7	1:11	5.5	6:46	0.5	7:00	0.4	7:22	7:15	
14	Fri	1:32	5.9	2:03	5.3	7:31	0.2	7:40	0.8	7:20	7:16	
15	Sat	2:09	6.0	2:59	5.0	8:20	0.0	8:22	1.3	7:19	7:17	
16	Sun	2:50	6.1	4:02	4.6	9:14	-0.1	9:11	1.8	7:17	7:18	
17	Mon	3:37	6.0	5:14	4.3	10:15	-0.1	10:09	2.2	7:16	7:19	
18	Tue	4:32	5.8	6:36	4.2	11:25	0.0	11:24	2.5	7:14	7:20	
19	Wed	5:37	5.6	7:56	4.4			12:40	0.0	7:13	7:20	
20	Thu	6:50	5.5	9:01	4.6	12:50	2.6	1:52	0.0	7:11	7:21	
21	Fri	8:03	5.4	9:53	4.9	2:09	2.3	2:53	-0.1	7:10	7:22	
22	Sat	9:10	5.5	10:37	5.2	3:13	1.9	3:45	-0.1	7:08	7:23	
23	Sun	10:09	5.5	11:15	5.4	4:07	1.5	4:30	0.0	7:07	7:24	
24	Mon	11:02	5.4	11:49	5.5	4:55	1.1	5:10	0.2	7:05	7:25	
25	Tue	11:50	5.3			5:38	0.8	5:47	0.4	7:04	7:26	
26	Wed	12:21	5.6	12:36	5.2	6:17	0.5	6:22	0.8	7:02	7:27	
27	Thu	12:51	5.6	1:20	5.0	6:55	0.4	6:56	1.1	7:01	7:28	
28	Fri	1:19	5.6	2:03	4.7	7:32	0.3	7:30	1.5	6:59	7:29	
29	Sat	1:48	5.5	2:48	4.5	8:09	0.2	8:04	1.9	6:58	7:30	
30	Sun	2:18	5.4	3:35	4.3	8:48	0.3	8:41	2.2	6:56	7:31	
31	Mon	2:51	5.2	4:29	4.0	9:31	0.4	9:24	2.6	6:55	7:32	