

Alcatraz Island, CA - Mar 2072

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:26	6.2	10:12	5.0	2:20	2.3	3:13	-0.7	6:39	6:04	
2	Wed	9:24	6.4	10:53	5.3	3:15	1.9	4:00	-0.9	6:37	6:05	
3	Thu	10:18	6.5	11:32	5.6	4:07	1.5	4:44	-0.9	6:36	6:06	
4	Fri	11:12	6.4			4:57	1.0	5:28	-0.7	6:34	6:07	
5	Sat	12:11	5.8	12:05	6.1	5:48	0.7	6:10	-0.3	6:33	6:08	
6	Sun	12:50	6.0	12:59	5.8	6:38	0.4	6:53	0.2	6:32	6:09	
7	Mon	1:29	6.0	1:55	5.3	7:31	0.3	7:38	0.8	6:30	6:10	
8	Tue	2:11	6.0	2:56	4.8	8:26	0.3	8:26	1.4	6:29	6:10	
9	Wed	2:55	5.8	4:06	4.4	9:26	0.4	9:21	2.0	6:27	6:11	
10	Thu	3:45	5.6	5:28	4.1	10:33	0.5	10:30	2.5	6:26	6:12	
11	Fri	4:41	5.3	6:55	4.1	11:44	0.5	11:50	2.7	6:24	6:13	
12	Sat	5:44	5.2	8:07	4.3			12:53	0.5	6:23	6:14	
13	Sun	7:49	5.1	10:00	4.5	1:04	2.7	2:52	0.4	7:21	7:15	
14	Mon	8:49	5.1	10:41	4.7	3:05	2.5	3:40	0.3	7:20	7:16	
15	Tue	9:41	5.2	11:14	4.8	3:54	2.2	4:21	0.2	7:18	7:17	
16	Wed	10:27	5.2	11:43	4.9	4:36	2.0	4:57	0.2	7:17	7:18	
17	Thu	11:09	5.3			5:13	1.7	5:29	0.3	7:15	7:19	
18	Fri	12:08	5.0	11:49 AM	5.2	5:46	1.4	5:59	0.4	7:14	7:20	
19	Sat	12:33	5.1	12:28	5.2	6:18	1.2	6:28	0.6	7:12	7:21	
20	Sun	12:59	5.2	1:08	5.0	6:50	0.9	6:57	0.8	7:11	7:22	
21	Mon	1:26	5.3	1:49	4.9	7:23	0.7	7:28	1.1	7:09	7:23	
22	Tue	1:54	5.4	2:33	4.6	8:00	0.6	8:01	1.4	7:08	7:24	
23	Wed	2:26	5.5	3:23	4.4	8:41	0.4	8:38	1.8	7:06	7:25	
24	Thu	3:01	5.5	4:23	4.2	9:29	0.3	9:23	2.2	7:05	7:26	
25	Fri	3:44	5.4	5:36	4.0	10:25	0.3	10:20	2.6	7:03	7:27	
26	Sat	4:36	5.3	6:57	4.0	11:31	0.2	11:35	2.8	7:01	7:27	
27	Sun	5:41	5.3	8:11	4.2			12:42	0.1	7:00	7:28	
28	Mon	6:55	5.3	9:09	4.6	1:00	2.7	1:51	-0.1	6:58	7:29	
29	Tue	8:08	5.4	9:56	4.9	2:14	2.3	2:51	-0.3	6:57	7:30	
30	Wed	9:15	5.6	10:38	5.3	3:15	1.8	3:43	-0.4	6:55	7:31	
31	Thu	10:17	5.7	11:17	5.6	4:09	1.2	4:31	-0.3	6:54	7:32	