

Alcatraz Island, CA - Mar 2074

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:52	5.2	1:55	4.7	7:46	1.4	7:48	1.1	6:39	6:03	
2	Fri	2:21	5.2	2:44	4.3	8:30	1.3	8:23	1.7	6:38	6:04	
3	Sat	2:53	5.1	3:45	3.9	9:21	1.3	9:04	2.2	6:37	6:05	
4	Sun	3:31	5.1	5:05	3.7	10:20	1.2	9:57	2.6	6:35	6:06	
5	Mon	4:18	5.0	6:44	3.7	11:28	1.1	11:10	3.0	6:34	6:07	
6	Tue	5:14	5.0	8:05	3.9			12:36	0.9	6:32	6:08	
7	Wed	6:16	5.1	8:58	4.2	12:30	3.1	1:35	0.5	6:31	6:09	
8	Thu	7:17	5.3	9:38	4.4	1:35	2.9	2:25	0.2	6:29	6:10	
9	Fri	8:13	5.5	10:12	4.7	2:26	2.7	3:08	-0.2	6:28	6:11	
10	Sat	9:05	5.8	10:44	4.9	3:10	2.4	3:48	-0.4	6:26	6:12	
11	Sun	10:54	5.9			4:52	2.0	5:26	-0.5	7:25	7:13	
12	Mon	12:16	5.2	11:42 AM	6.0	5:34	1.5	6:04	-0.5	7:23	7:14	
13	Tue	12:49	5.4	12:32	6.0	6:17	1.0	6:42	-0.3	7:22	7:15	
14	Wed	1:23	5.6	1:23	5.8	7:03	0.6	7:22	0.1	7:20	7:16	
15	Thu	1:58	5.8	2:17	5.4	7:51	0.3	8:03	0.6	7:19	7:17	
16	Fri	2:36	6.0	3:17	5.0	8:44	0.1	8:47	1.2	7:17	7:18	
17	Sat	3:18	6.0	4:25	4.6	9:42	0.0	9:37	1.8	7:16	7:19	
18	Sun	4:06	5.9	5:45	4.3	10:47	0.0	10:40	2.3	7:14	7:20	
19	Mon	5:02	5.8	7:14	4.2			12:01	0.0	7:13	7:20	
20	Tue	6:08	5.6	8:36	4.4	12:00	2.7	1:16	-0.1	7:11	7:21	
21	Wed	7:20	5.5	9:38	4.7	1:27	2.7	2:25	-0.1	7:10	7:22	
22	Thu	8:30	5.5	10:26	5.0	2:41	2.5	3:23	-0.2	7:08	7:23	
23	Fri	9:32	5.5	11:07	5.1	3:41	2.2	4:11	-0.2	7:07	7:24	
24	Sat	10:26	5.5	11:42	5.2	4:30	1.8	4:53	-0.2	7:05	7:25	
25	Sun	11:15	5.4			5:14	1.5	5:30	0.0	7:04	7:26	
26	Mon	12:13	5.3	12:00	5.3	5:53	1.2	6:04	0.3	7:02	7:27	
27	Tue	12:41	5.3	12:42	5.1	6:30	0.9	6:36	0.6	7:01	7:28	
28	Wed	1:07	5.3	1:23	4.9	7:05	0.7	7:08	0.9	6:59	7:29	
29	Thu	1:32	5.3	2:05	4.7	7:39	0.6	7:39	1.4	6:58	7:30	
30	Fri	1:57	5.3	2:49	4.4	8:14	0.5	8:11	1.8	6:56	7:31	
31	Sat	2:25	5.2	3:38	4.2	8:52	0.5	8:46	2.2	6:55	7:32	