

Alcatraz Island, CA - Mar 2075

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:27	5.9	11:56	5.0	4:32	2.2	5:05	-0.4	6:40	6:03	
2	Sat	11:08	5.8			5:07	1.9	5:36	-0.3	6:38	6:04	
3	Sun	12:25	5.1	11:51 AM	5.7	5:44	1.6	6:08	-0.2	6:37	6:05	
4	Mon	12:54	5.3	12:35	5.5	6:24	1.3	6:42	0.2	6:36	6:06	
5	Tue	1:24	5.5	1:24	5.2	7:08	1.0	7:18	0.6	6:34	6:07	
6	Wed	1:58	5.6	2:20	4.8	7:57	0.7	7:57	1.2	6:33	6:08	
7	Thu	2:35	5.7	3:27	4.3	8:53	0.6	8:42	1.8	6:31	6:09	
8	Fri	3:19	5.7	4:52	4.0	9:59	0.4	9:39	2.4	6:30	6:10	
9	Sat	4:12	5.7	6:29	4.0	11:13	0.2	10:54	2.8	6:28	6:11	
10	Sun	6:16	5.7	8:54	4.2			1:29	0.0	7:27	7:12	
11	Mon	7:27	5.8	9:56	4.6	1:22	2.9	2:37	-0.3	7:25	7:13	
12	Tue	8:36	5.9	10:44	4.9	2:39	2.8	3:36	-0.6	7:24	7:14	
13	Wed	9:39	6.0	11:26	5.1	3:41	2.4	4:26	-0.7	7:22	7:15	
14	Thu	10:36	6.0			4:35	2.0	5:11	-0.7	7:21	7:16	
15	Fri	12:03	5.3	11:28 AM	6.0	5:23	1.6	5:51	-0.5	7:19	7:17	
16	Sat	12:38	5.5	12:17	5.8	6:09	1.2	6:30	-0.2	7:18	7:17	
17	Sun	1:11	5.5	1:05	5.5	6:52	0.9	7:06	0.2	7:16	7:18	
18	Mon	1:42	5.5	1:52	5.2	7:34	0.7	7:42	0.7	7:15	7:19	
19	Tue	2:12	5.5	2:40	4.8	8:17	0.6	8:18	1.2	7:13	7:20	
20	Wed	2:42	5.4	3:33	4.4	9:00	0.6	8:55	1.8	7:12	7:21	
21	Thu	3:13	5.3	4:33	4.1	9:47	0.6	9:38	2.3	7:10	7:22	
22	Fri	3:48	5.2	5:48	3.9	10:41	0.7	10:31	2.8	7:09	7:23	
23	Sat	4:31	5.0	7:20	3.8	11:43	0.7	11:47	3.1	7:07	7:24	
24	Sun	5:25	4.8	8:41	4.0			12:53	0.7	7:06	7:25	
25	Mon	6:31	4.7	9:35	4.2	1:12	3.2	1:58	0.6	7:04	7:26	
26	Tue	7:39	4.8	10:13	4.4	2:21	3.0	2:52	0.4	7:03	7:27	
27	Wed	8:41	4.9	10:43	4.6	3:13	2.7	3:38	0.2	7:01	7:28	
28	Thu	9:35	5.1	11:12	4.8	3:56	2.3	4:16	0.0	7:00	7:29	
29	Fri	10:24	5.3	11:39	5.0	4:33	1.9	4:52	0.0	6:58	7:30	
30	Sat	11:11	5.4			5:09	1.5	5:26	0.0	6:56	7:30	
31	Sun	12:07	5.2	11:58 AM	5.4	5:46	1.0	6:00	0.2	6:55	7:31	