

Alcatraz Island, CA - Mar 2076

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:42	6.1	10:03	4.7	1:39	3.0	2:48	-0.8	6:39	6:04	
2	Mon	8:44	6.4	10:43	5.0	2:41	2.7	3:39	-1.1	6:37	6:05	
3	Tue	9:41	6.5	11:21	5.3	3:36	2.2	4:25	-1.2	6:36	6:06	
4	Wed	10:36	6.5	11:57	5.5	4:28	1.8	5:08	-1.1	6:34	6:07	
5	Thu	11:29	6.3			5:18	1.3	5:50	-0.7	6:33	6:08	
6	Fri	12:33	5.7	12:21	6.0	6:08	0.9	6:30	-0.3	6:32	6:09	
7	Sat	1:09	5.8	1:15	5.5	6:58	0.7	7:10	0.3	6:30	6:10	
8	Sun	1:45	5.8	3:11	5.0	8:50	0.5	8:51	1.0	7:29	7:11	
9	Mon	3:21	5.8	4:15	4.5	9:44	0.5	9:35	1.7	7:27	7:11	
10	Tue	4:00	5.6	5:31	4.1	10:44	0.5	10:28	2.4	7:26	7:12	
11	Wed	4:45	5.4	7:05	3.9	11:51	0.6	11:38	2.9	7:24	7:13	
12	Thu	5:37	5.2	8:37	4.1			1:03	0.6	7:23	7:14	
13	Fri	6:39	5.0	9:42	4.3	1:02	3.1	2:10	0.5	7:21	7:15	
14	Sat	7:45	5.0	10:28	4.5	2:17	3.1	3:08	0.3	7:20	7:16	
15	Sun	8:46	5.1	11:03	4.6	3:15	2.9	3:54	0.2	7:18	7:17	
16	Mon	9:38	5.2	11:33	4.7	4:02	2.6	4:34	0.1	7:17	7:18	
17	Tue	10:24	5.3	11:58	4.8	4:41	2.3	5:07	0.0	7:15	7:19	
18	Wed	11:07	5.4			5:16	1.9	5:38	0.0	7:14	7:20	
19	Thu	12:23	4.9	11:47 AM	5.3	5:49	1.6	6:06	0.1	7:12	7:21	
20	Fri	12:46	5.1	12:28	5.2	6:22	1.3	6:34	0.3	7:11	7:22	
21	Sat	1:11	5.2	1:09	5.1	6:56	1.0	7:03	0.6	7:09	7:23	
22	Sun	1:36	5.3	1:53	4.9	7:32	0.7	7:33	1.0	7:08	7:24	
23	Mon	2:04	5.5	2:42	4.6	8:12	0.4	8:06	1.5	7:06	7:25	
24	Tue	2:34	5.6	3:40	4.3	8:57	0.2	8:44	2.0	7:04	7:26	
25	Wed	3:09	5.6	4:50	4.0	9:49	0.1	9:29	2.5	7:03	7:27	
26	Thu	3:53	5.5	6:17	3.9	10:51	0.0	10:30	3.0	7:01	7:27	
27	Fri	4:49	5.5	7:48	4.0			12:03	-0.1	7:00	7:28	
28	Sat	6:00	5.4	8:58	4.3			1:18	-0.2	6:58	7:29	
29	Sun	7:18	5.4	9:49	4.6	1:30	3.1	2:25	-0.5	6:57	7:30	
30	Mon	8:31	5.6	10:30	5.0	2:43	2.6	3:23	-0.6	6:55	7:31	
31	Tue	9:38	5.7	11:08	5.3	3:42	2.0	4:12	-0.6	6:54	7:32	