

Alcatraz Island, CA - Mar 2078

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:24	5.1	1:11	4.8	7:09	1.4	7:11	0.9	6:39	6:03	
2	Wed	1:47	5.2	1:55	4.4	7:48	1.3	7:39	1.4	6:38	6:04	
3	Thu	2:12	5.2	2:46	4.0	8:32	1.2	8:08	2.0	6:37	6:05	
4	Fri	2:41	5.2	3:53	3.7	9:21	1.1	8:41	2.6	6:35	6:06	
5	Sat	3:17	5.2	5:30	3.5	10:21	1.0	9:26	3.0	6:34	6:07	
6	Sun	4:03	5.1	7:32	3.6	11:31	0.8	10:45	3.4	6:32	6:08	
7	Mon	5:03	5.1	8:45	3.9			12:41	0.6	6:31	6:09	
8	Tue	6:11	5.2	9:26	4.2	12:26	3.5	1:43	0.2	6:29	6:10	
9	Wed	7:17	5.4	9:58	4.5	1:37	3.3	2:34	-0.2	6:28	6:11	
10	Thu	8:17	5.7	10:27	4.7	2:30	3.0	3:19	-0.6	6:26	6:12	
11	Fri	9:11	6.0	10:57	4.9	3:15	2.5	3:59	-0.8	6:25	6:13	
12	Sat	10:03	6.1	11:27	5.2	3:59	2.0	4:38	-0.8	6:23	6:14	
13	Sun	11:55	6.1			5:44	1.4	6:16	-0.7	7:22	7:15	
14	Mon	12:57	5.5	12:47	6.0	6:31	0.8	6:54	-0.3	7:20	7:16	
15	Tue	1:29	5.8	1:42	5.6	7:19	0.3	7:32	0.3	7:19	7:17	
16	Wed	2:03	6.0	2:41	5.2	8:11	0.0	8:12	1.0	7:17	7:18	
17	Thu	2:40	6.2	3:47	4.7	9:06	-0.2	8:56	1.7	7:16	7:19	
18	Fri	3:21	6.2	5:05	4.3	10:07	-0.3	9:47	2.4	7:14	7:20	
19	Sat	4:09	6.0	6:38	4.1	11:16	-0.2	10:56	3.0	7:13	7:21	
20	Sun	5:07	5.7	8:11	4.2			12:34	-0.1	7:11	7:21	
21	Mon	6:18	5.5	9:21	4.5	12:28	3.2	1:50	-0.2	7:10	7:22	
22	Tue	7:34	5.4	10:12	4.8	1:57	3.1	2:55	-0.2	7:08	7:23	
23	Wed	8:44	5.3	10:52	4.9	3:06	2.7	3:49	-0.3	7:07	7:24	
24	Thu	9:44	5.3	11:26	5.1	4:00	2.3	4:32	-0.2	7:05	7:25	
25	Fri	10:36	5.3	11:56	5.1	4:46	1.9	5:09	-0.1	7:04	7:26	
26	Sat	11:22	5.2			5:25	1.5	5:41	0.1	7:02	7:27	
27	Sun	12:22	5.2	12:04	5.1	6:02	1.2	6:10	0.4	7:01	7:28	
28	Mon	12:45	5.2	12:46	4.9	6:36	0.9	6:37	0.8	6:59	7:29	
29	Tue	1:06	5.3	1:27	4.7	7:09	0.7	7:04	1.3	6:58	7:30	
30	Wed	1:27	5.3	2:09	4.4	7:42	0.5	7:31	1.7	6:56	7:31	
31	Thu	1:49	5.4	2:56	4.2	8:17	0.3	7:59	2.2	6:55	7:32	