

Alcatraz Island, CA - Mar 2080

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	6:50	6.0	9:44	4.6	12:50	3.4	2:18	-0.6	6:39	6:04	
2	Sat	8:00	6.2	10:22	4.8	2:04	3.1	3:11	-0.9	6:37	6:05	
3	Sun	9:02	6.4	10:57	5.1	3:04	2.6	3:58	-1.0	6:36	6:06	
4	Mon	9:59	6.4	11:31	5.3	3:57	2.0	4:40	-1.0	6:34	6:07	
5	Tue	10:53	6.2			4:47	1.5	5:19	-0.7	6:33	6:08	
6	Wed	12:04	5.6	11:44 AM	5.9	5:35	1.0	5:56	-0.3	6:31	6:09	
7	Thu	12:36	5.7	12:36	5.5	6:23	0.7	6:32	0.3	6:30	6:10	
8	Fri	1:07	5.8	1:29	5.0	7:11	0.4	7:08	1.0	6:29	6:11	
9	Sat	1:38	5.8	2:27	4.5	7:59	0.3	7:45	1.7	6:27	6:12	
10	Sun	3:11	5.7	4:34	4.1	9:51	0.4	9:25	2.4	7:26	7:12	
11	Mon	3:46	5.6	6:00	3.8	10:48	0.5	10:16	3.0	7:24	7:13	
12	Tue	4:29	5.3	7:49	3.8	11:55	0.5	11:34	3.4	7:23	7:14	
13	Wed	5:24	5.1	9:14	4.1			1:08	0.5	7:21	7:15	
14	Thu	6:32	5.0	10:04	4.3	1:12	3.5	2:16	0.4	7:20	7:16	
15	Fri	7:44	5.0	10:39	4.4	2:26	3.3	3:12	0.3	7:18	7:17	
16	Sat	8:46	5.1	11:07	4.5	3:20	3.0	3:56	0.1	7:17	7:18	
17	Sun	9:39	5.2	11:30	4.6	4:04	2.6	4:33	0.0	7:15	7:19	
18	Mon	10:25	5.3	11:52	4.8	4:41	2.2	5:05	0.0	7:14	7:20	
19	Tue	11:09	5.3			5:15	1.8	5:33	0.0	7:12	7:21	
20	Wed	12:14	5.0	11:52 AM	5.3	5:49	1.4	6:01	0.2	7:10	7:22	
21	Thu	12:36	5.2	12:35	5.1	6:23	1.0	6:29	0.6	7:09	7:23	
22	Fri	1:00	5.4	1:21	4.9	6:58	0.6	6:59	1.0	7:07	7:24	
23	Sat	1:25	5.6	2:11	4.7	7:38	0.2	7:31	1.5	7:06	7:25	
24	Sun	1:53	5.8	3:08	4.4	8:21	-0.1	8:05	2.1	7:04	7:26	
25	Mon	2:26	5.9	4:15	4.1	9:10	-0.2	8:45	2.6	7:03	7:27	
26	Tue	3:05	5.9	5:39	3.9	10:08	-0.3	9:36	3.1	7:01	7:27	
27	Wed	3:56	5.8	7:15	3.9	11:18	-0.3	10:52	3.4	7:00	7:28	
28	Thu	5:01	5.6	8:33	4.2			12:36	-0.3	6:58	7:29	
29	Fri	6:21	5.5	9:26	4.5	12:35	3.4	1:50	-0.4	6:57	7:30	
30	Sat	7:42	5.4	10:07	4.8	2:03	3.0	2:52	-0.5	6:55	7:31	
31	Sun	8:55	5.5	10:43	5.1	3:09	2.4	3:44	-0.5	6:54	7:32	