

Alcatraz Island, CA - Mar 2087

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:27	5.7	10:11	4.7	2:30	2.6	3:15	-0.2	6:40	6:03	
2	Sun	9:18	5.9	10:42	5.0	3:16	2.1	3:53	-0.4	6:38	6:04	
3	Mon	10:08	6.0	11:14	5.3	3:59	1.7	4:31	-0.4	6:37	6:05	
4	Tue	10:58	6.0	11:47	5.7	4:43	1.2	5:08	-0.2	6:35	6:06	
5	Wed	11:49	5.8			5:28	0.7	5:47	0.0	6:34	6:07	
6	Thu	12:21	5.9	12:42	5.6	6:15	0.3	6:26	0.5	6:32	6:08	
7	Fri	12:58	6.1	1:38	5.2	7:06	0.0	7:09	1.0	6:31	6:09	
8	Sat	1:39	6.2	2:40	4.8	8:00	-0.1	7:55	1.5	6:30	6:10	
9	Sun	3:24	6.2	4:52	4.4	10:00	-0.1	9:49	2.1	7:28	7:11	
10	Mon	4:16	6.1	6:14	4.2	11:09	0.0	10:57	2.5	7:27	7:12	
11	Tue	5:17	5.8	7:40	4.2			12:25	0.0	7:25	7:13	
12	Wed	6:27	5.6	8:52	4.5	12:22	2.7	1:40	0.0	7:24	7:14	
13	Thu	7:40	5.5	9:47	4.8	1:46	2.6	2:44	0.0	7:22	7:15	
14	Fri	8:48	5.5	10:32	5.0	2:55	2.3	3:38	-0.1	7:21	7:16	
15	Sat	9:48	5.5	11:10	5.2	3:51	1.9	4:22	0.0	7:19	7:17	
16	Sun	10:40	5.4	11:43	5.3	4:39	1.5	5:01	0.1	7:18	7:18	
17	Mon	11:27	5.3			5:21	1.2	5:35	0.3	7:16	7:18	
18	Tue	12:13	5.4	12:11	5.2	6:00	0.9	6:07	0.6	7:15	7:19	
19	Wed	12:40	5.4	12:53	5.0	6:36	0.7	6:38	1.0	7:13	7:20	
20	Thu	1:05	5.4	1:34	4.8	7:11	0.6	7:08	1.3	7:12	7:21	
21	Fri	1:31	5.5	2:15	4.6	7:45	0.5	7:39	1.7	7:10	7:22	
22	Sat	1:58	5.4	2:59	4.3	8:21	0.4	8:11	2.0	7:09	7:23	
23	Sun	2:27	5.4	3:48	4.1	9:01	0.4	8:45	2.4	7:07	7:24	
24	Mon	3:02	5.3	4:46	3.9	9:46	0.5	9:27	2.7	7:05	7:25	
25	Tue	3:44	5.1	5:58	3.7	10:40	0.6	10:24	2.9	7:04	7:26	
26	Wed	4:35	5.0	7:17	3.8	11:42	0.6	11:45	3.1	7:02	7:27	
27	Thu	5:39	4.9	8:21	4.0			12:49	0.5	7:01	7:28	
28	Fri	6:49	4.8	9:08	4.3	1:10	2.9	1:50	0.4	6:59	7:29	
29	Sat	7:59	4.9	9:45	4.6	2:16	2.5	2:43	0.2	6:58	7:30	
30	Sun	9:03	5.1	10:19	4.9	3:09	2.0	3:29	0.1	6:56	7:31	
31	Mon	10:02	5.3	10:53	5.3	3:56	1.4	4:12	0.1	6:55	7:31	