

Alcatraz Island, CA - Mar 2088

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:41	5.8	8:03	4.4			12:51	0.0	6:39	6:04	
2	Tue	6:52	5.9	9:00	4.7	12:45	2.6	1:55	-0.2	6:37	6:05	
3	Wed	7:58	5.9	9:46	5.0	1:56	2.3	2:49	-0.4	6:36	6:06	
4	Thu	8:58	6.0	10:26	5.3	2:55	2.0	3:36	-0.4	6:34	6:07	
5	Fri	9:53	6.0	11:04	5.5	3:47	1.5	4:18	-0.4	6:33	6:08	
6	Sat	10:44	5.9	11:39	5.6	4:34	1.2	4:57	-0.2	6:31	6:09	
7	Sun	11:32	5.7			5:19	0.9	5:34	0.2	6:30	6:10	
8	Mon	12:12	5.7	12:18	5.4	6:02	0.7	6:10	0.5	6:28	6:11	
9	Tue	12:44	5.7	1:04	5.1	6:44	0.6	6:46	1.0	6:27	6:12	
10	Wed	1:15	5.6	1:52	4.7	7:26	0.5	7:22	1.5	6:25	6:13	
11	Thu	1:47	5.5	2:43	4.3	8:10	0.6	8:01	2.0	6:24	6:13	
12	Fri	2:22	5.4	3:42	4.0	8:58	0.7	8:45	2.4	6:23	6:14	
13	Sat	3:01	5.2	4:55	3.8	9:54	0.8	9:42	2.8	6:21	6:15	
14	Sun	4:50	5.0	7:21	3.8	11:59	0.9	11:59	3.0	7:19	7:16	
15	Mon	5:49	4.9	8:36	3.9			1:07	0.8	7:18	7:17	
16	Tue	6:55	4.8	9:26	4.1	1:20	2.9	2:08	0.7	7:16	7:18	
17	Wed	8:00	4.9	10:03	4.4	2:25	2.7	2:59	0.5	7:15	7:19	
18	Thu	8:59	5.0	10:34	4.6	3:16	2.4	3:41	0.3	7:13	7:20	
19	Fri	9:51	5.2	11:04	4.9	3:58	2.0	4:19	0.2	7:12	7:21	
20	Sat	10:40	5.3	11:33	5.2	4:37	1.6	4:54	0.2	7:10	7:22	
21	Sun	11:27	5.4			5:15	1.1	5:29	0.3	7:09	7:23	
22	Mon	12:03	5.4	12:15	5.4	5:53	0.6	6:04	0.5	7:07	7:24	
23	Tue	12:35	5.7	1:04	5.3	6:33	0.2	6:41	0.7	7:06	7:25	
24	Wed	1:08	5.9	1:55	5.1	7:17	-0.1	7:20	1.1	7:04	7:26	
25	Thu	1:45	6.1	2:50	4.9	8:04	-0.4	8:03	1.5	7:03	7:27	
26	Fri	2:25	6.1	3:51	4.6	8:55	-0.4	8:51	1.9	7:01	7:28	
27	Sat	3:12	6.0	4:59	4.4	9:53	-0.4	9:49	2.3	7:00	7:28	
28	Sun	4:06	5.8	6:16	4.3	10:58	-0.3	11:03	2.6	6:58	7:29	
29	Mon	5:10	5.6	7:32	4.4			12:11	-0.1	6:57	7:30	
30	Tue	6:24	5.3	8:37	4.7	12:30	2.6	1:23	-0.1	6:55	7:31	
31	Wed	7:40	5.2	9:29	5.0	1:51	2.3	2:26	0.0	6:54	7:32	