

Alcatraz Island, CA - Mar 2091

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:42	5.6	9:46	4.6	1:45	2.7	2:40	-0.1	6:40	6:03	
2	Fri	8:37	5.9	10:24	4.9	2:38	2.5	3:24	-0.4	6:38	6:04	
3	Sat	9:30	6.1	11:00	5.2	3:25	2.1	4:06	-0.7	6:37	6:05	
4	Sun	10:21	6.3	11:35	5.4	4:11	1.6	4:47	-0.7	6:35	6:06	
5	Mon	11:12	6.3			4:58	1.2	5:28	-0.6	6:34	6:07	
6	Tue	12:12	5.7	12:04	6.1	5:46	0.8	6:10	-0.3	6:32	6:08	
7	Wed	12:50	5.9	12:58	5.8	6:36	0.4	6:52	0.2	6:31	6:09	
8	Thu	1:29	6.0	1:55	5.3	7:29	0.2	7:37	0.7	6:30	6:10	
9	Fri	2:12	6.1	2:59	4.9	8:26	0.1	8:26	1.3	6:28	6:11	
10	Sat	2:59	6.0	4:13	4.5	9:30	0.2	9:24	1.9	6:27	6:12	
11	Sun	4:53	5.8	6:38	4.3	11:41	0.2	11:37	2.4	7:25	7:13	
12	Mon	5:54	5.6	8:05	4.3			12:56	0.2	7:24	7:14	
13	Tue	7:02	5.5	9:16	4.6	1:01	2.6	2:07	0.1	7:22	7:15	
14	Wed	8:10	5.4	10:10	4.8	2:17	2.5	3:07	0.0	7:21	7:16	
15	Thu	9:12	5.5	10:53	5.0	3:20	2.3	3:57	0.0	7:19	7:17	
16	Fri	10:06	5.5	11:30	5.1	4:12	2.0	4:40	0.0	7:18	7:18	
17	Sat	10:54	5.4			4:56	1.7	5:17	0.1	7:16	7:18	
18	Sun	12:02	5.2	11:37 AM	5.4	5:35	1.5	5:50	0.2	7:15	7:19	
19	Mon	12:30	5.2	12:17	5.2	6:10	1.2	6:21	0.4	7:13	7:20	
20	Tue	12:56	5.2	12:56	5.1	6:44	1.1	6:51	0.7	7:12	7:21	
21	Wed	1:20	5.2	1:35	4.9	7:17	0.9	7:21	1.0	7:10	7:22	
22	Thu	1:45	5.3	2:15	4.7	7:50	0.8	7:51	1.4	7:08	7:23	
23	Fri	2:12	5.3	2:58	4.4	8:26	0.7	8:23	1.7	7:07	7:24	
24	Sat	2:42	5.2	3:48	4.2	9:05	0.6	8:59	2.1	7:05	7:25	
25	Sun	3:17	5.2	4:49	3.9	9:51	0.6	9:43	2.5	7:04	7:26	
26	Mon	3:59	5.1	6:03	3.8	10:46	0.6	10:42	2.8	7:02	7:27	
27	Tue	4:51	5.0	7:24	3.9	11:51	0.6			7:01	7:28	
28	Wed	5:55	4.9	8:32	4.1	12:01	2.9	1:00	0.4	6:59	7:29	
29	Thu	7:05	5.0	9:22	4.4	1:22	2.8	2:03	0.2	6:58	7:30	
30	Fri	8:14	5.2	10:03	4.8	2:27	2.5	2:58	-0.1	6:56	7:31	
31	Sat	9:17	5.4	10:41	5.1	3:20	2.0	3:46	-0.2	6:55	7:31	