

Alcatraz Island, CA - Mar 2093

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:14	5.6	2:35	4.7	8:19	1.0	8:18	1.2	6:39	6:03	
2	Mon	2:51	5.5	3:38	4.2	9:14	1.0	9:03	1.8	6:37	6:04	
3	Tue	3:30	5.3	4:56	3.9	10:15	1.0	9:58	2.4	6:36	6:05	
4	Wed	4:15	5.2	6:32	3.8	11:23	1.0	11:09	2.8	6:35	6:06	
5	Thu	5:09	5.1	7:58	4.0			12:33	0.8	6:33	6:07	
6	Fri	6:09	5.0	8:57	4.2	12:28	3.0	1:34	0.6	6:32	6:08	
7	Sat	7:10	5.1	9:39	4.4	1:34	3.0	2:25	0.4	6:30	6:09	
8	Sun	9:05	5.2	11:13	4.6	3:28	2.8	4:08	0.2	7:29	7:10	
9	Mon	9:53	5.4	11:42	4.7	4:11	2.5	4:45	0.0	7:27	7:11	
10	Tue	10:38	5.5			4:49	2.2	5:18	-0.1	7:26	7:12	
11	Wed	12:09	4.9	11:20 AM	5.6	5:24	1.9	5:50	-0.1	7:24	7:13	
12	Thu	12:36	5.0	12:02	5.6	5:59	1.6	6:20	-0.1	7:23	7:14	
13	Fri	1:03	5.2	12:44	5.5	6:34	1.3	6:52	0.1	7:21	7:15	
14	Sat	1:32	5.3	1:29	5.3	7:12	1.0	7:25	0.4	7:20	7:16	
15	Sun	2:02	5.5	2:17	5.1	7:54	0.7	8:00	0.9	7:18	7:17	
16	Mon	2:34	5.6	3:11	4.7	8:40	0.4	8:39	1.4	7:17	7:18	
17	Tue	3:11	5.7	4:15	4.4	9:33	0.3	9:24	1.9	7:15	7:19	
18	Wed	3:54	5.7	5:34	4.1	10:34	0.2	10:20	2.5	7:14	7:20	
19	Thu	4:47	5.6	7:05	4.1	11:44	0.1	11:35	2.8	7:12	7:21	
20	Fri	5:51	5.6	8:29	4.3			1:00	-0.1	7:11	7:22	
21	Sat	7:05	5.5	9:31	4.6	1:04	2.9	2:10	-0.3	7:09	7:23	
22	Sun	8:17	5.6	10:20	4.9	2:23	2.6	3:11	-0.5	7:08	7:24	
23	Mon	9:23	5.7	11:01	5.2	3:27	2.2	4:03	-0.6	7:06	7:25	
24	Tue	10:22	5.8	11:39	5.4	4:21	1.7	4:49	-0.5	7:05	7:25	
25	Wed	11:16	5.8			5:10	1.2	5:31	-0.4	7:03	7:26	
26	Thu	12:14	5.6	12:08	5.7	5:55	0.8	6:10	0.0	7:02	7:27	
27	Fri	12:48	5.7	12:57	5.4	6:39	0.5	6:48	0.4	7:00	7:28	
28	Sat	1:20	5.7	1:46	5.1	7:21	0.3	7:26	0.9	6:59	7:29	
29	Sun	1:51	5.6	2:36	4.8	8:03	0.2	8:03	1.4	6:57	7:30	
30	Mon	2:22	5.5	3:29	4.5	8:46	0.2	8:43	1.9	6:56	7:31	
31	Tue	2:54	5.4	4:28	4.2	9:32	0.3	9:27	2.4	6:54	7:32	