

Alcatraz Island, CA - Mar 2096

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:18	6.0	6:50	4.0	11:32	0.1	11:02	3.0	6:38	6:04	
2	Fri	5:21	5.9	8:17	4.3			12:50	-0.1	6:37	6:05	
3	Sat	6:31	5.8	9:18	4.6	12:31	3.2	1:58	-0.3	6:36	6:06	
4	Sun	7:39	5.9	10:04	4.9	1:49	3.0	2:54	-0.5	6:34	6:07	
5	Mon	8:40	5.9	10:43	5.0	2:50	2.7	3:42	-0.6	6:33	6:08	
6	Tue	9:33	5.9	11:17	5.1	3:41	2.4	4:22	-0.5	6:31	6:09	
7	Wed	10:21	5.8	11:48	5.2	4:26	2.0	4:58	-0.4	6:30	6:10	
8	Thu	11:05	5.6			5:07	1.7	5:31	-0.2	6:28	6:11	
9	Fri	12:16	5.2	11:46 AM	5.4	5:45	1.5	6:01	0.2	6:27	6:12	
10	Sat	12:41	5.2	12:27	5.1	6:22	1.2	6:30	0.6	6:25	6:13	
11	Sun	1:05	5.2	2:09	4.8	7:59	1.1	7:58	1.1	7:24	7:14	
12	Mon	2:28	5.2	2:54	4.4	8:37	0.9	8:27	1.6	7:22	7:14	
13	Tue	2:53	5.3	3:45	4.0	9:18	0.9	8:57	2.2	7:21	7:15	
14	Wed	3:21	5.2	4:50	3.7	10:05	0.8	9:32	2.7	7:19	7:16	
15	Thu	3:57	5.1	6:21	3.6	11:01	0.8	10:19	3.1	7:18	7:17	
16	Fri	4:43	5.0	8:14	3.7			12:08	0.7	7:16	7:18	
17	Sat	5:44	5.0	9:26	4.0			1:20	0.5	7:15	7:19	
18	Sun	6:54	5.0	10:06	4.2	1:23	3.4	2:23	0.2	7:13	7:20	
19	Mon	8:03	5.2	10:38	4.4	2:32	3.2	3:16	-0.1	7:12	7:21	
20	Tue	9:04	5.4	11:07	4.7	3:23	2.8	4:01	-0.4	7:10	7:22	
21	Wed	10:00	5.7	11:36	4.9	4:07	2.3	4:41	-0.6	7:09	7:23	
22	Thu	10:52	5.8			4:49	1.8	5:20	-0.6	7:07	7:24	
23	Fri	12:05	5.2	11:44 AM	5.9	5:33	1.2	5:57	-0.4	7:06	7:25	
24	Sat	12:35	5.5	12:37	5.7	6:17	0.6	6:35	0.0	7:04	7:26	
25	Sun	1:07	5.8	1:32	5.5	7:04	0.0	7:14	0.6	7:03	7:27	
26	Mon	1:41	6.1	2:31	5.1	7:54	-0.3	7:54	1.2	7:01	7:28	
27	Tue	2:18	6.2	3:36	4.7	8:47	-0.5	8:39	1.9	7:00	7:29	
28	Wed	2:59	6.2	4:50	4.4	9:45	-0.6	9:31	2.5	6:58	7:29	
29	Thu	3:47	6.0	6:17	4.2	10:52	-0.4	10:39	3.0	6:57	7:30	
30	Fri	4:45	5.7	7:46	4.3			12:06	-0.3	6:55	7:31	
31	Sat	5:56	5.4	8:56	4.6	12:11	3.2	1:23	-0.2	6:54	7:32	