

Alcatraz Island, CA - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:39	5.6	9:12	4.1			1:20	0.0	6:39	6:03	
2	Mon	6:51	5.8	9:49	4.4	12:56	3.5	2:19	-0.5	6:38	6:04	
3	Tue	7:58	6.1	10:22	4.7	2:04	3.1	3:10	-0.8	6:37	6:05	
4	Wed	8:59	6.3	10:54	5.0	3:00	2.6	3:54	-1.1	6:35	6:06	
5	Thu	9:55	6.4	11:26	5.3	3:51	2.0	4:36	-1.1	6:34	6:07	
6	Fri	10:50	6.4	11:59	5.6	4:41	1.4	5:16	-0.8	6:32	6:08	
7	Sat	11:45	6.1			5:31	0.8	5:54	-0.4	6:31	6:09	
8	Sun	12:32	5.9	1:40	5.7	7:22	0.3	7:33	0.3	7:29	7:10	
9	Mon	2:06	6.1	2:39	5.2	8:14	0.0	8:12	1.0	7:28	7:11	
10	Tue	2:42	6.2	3:44	4.6	9:09	-0.1	8:54	1.8	7:26	7:12	
11	Wed	3:22	6.1	5:00	4.2	10:09	-0.1	9:42	2.5	7:25	7:13	
12	Thu	4:07	5.9	6:35	4.0	11:16	0.0	10:47	3.1	7:23	7:14	
13	Fri	5:01	5.6	8:15	4.1			12:31	0.1	7:22	7:15	
14	Sat	6:07	5.4	9:26	4.4	12:19	3.4	1:46	0.1	7:20	7:16	
15	Sun	7:21	5.2	10:15	4.6	1:51	3.3	2:51	0.1	7:19	7:17	
16	Mon	8:30	5.2	10:53	4.7	2:59	3.0	3:43	0.0	7:17	7:18	
17	Tue	9:28	5.2	11:24	4.8	3:51	2.6	4:25	0.0	7:16	7:19	
18	Wed	10:18	5.3	11:50	4.8	4:33	2.2	4:59	0.0	7:14	7:19	
19	Thu	11:01	5.2			5:11	1.9	5:29	0.1	7:13	7:20	
20	Fri	12:12	4.9	11:42 AM	5.1	5:45	1.5	5:56	0.4	7:11	7:21	
21	Sat	12:32	5.0	12:22	5.0	6:17	1.2	6:22	0.7	7:10	7:22	
22	Sun	12:52	5.2	1:02	4.8	6:49	0.9	6:47	1.0	7:08	7:23	
23	Mon	1:12	5.3	1:44	4.6	7:21	0.6	7:13	1.5	7:07	7:24	
24	Tue	1:35	5.5	2:30	4.3	7:55	0.4	7:40	1.9	7:05	7:25	
25	Wed	2:00	5.5	3:22	4.1	8:33	0.3	8:10	2.4	7:04	7:26	
26	Thu	2:29	5.5	4:26	3.9	9:17	0.2	8:44	2.8	7:02	7:27	
27	Fri	3:05	5.5	5:50	3.7	10:11	0.1	9:29	3.2	7:01	7:28	
28	Sat	3:52	5.4	7:29	3.8	11:16	0.1	10:43	3.5	6:59	7:29	
29	Sun	4:55	5.3	8:42	4.0			12:32	0.0	6:58	7:30	
30	Mon	6:12	5.3	9:28	4.3	12:28	3.5	1:43	-0.3	6:56	7:31	
31	Tue	7:32	5.3	10:04	4.6	1:54	3.1	2:44	-0.5	6:55	7:32	