

## Alcatraz Island, CA - Mar 2100

| Date |     | High  |     |          |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|----------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM       | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Mon | 2:41  | 6.2 | 4:16     | 4.1 | 9:28  | 0.0  | 8:55  | 2.4  | 6:40                                                                                | 6:03 |    |
| 2    | Tue | 3:30  | 6.1 | 5:57     | 3.9 | 10:40 | 0.0  | 10:00 | 3.0  | 6:38                                                                                | 6:04 |    |
| 3    | Wed | 4:29  | 5.9 | 7:37     | 4.1 |       |      | 12:00 | 0.0  | 6:37                                                                                | 6:05 |    |
| 4    | Thu | 5:39  | 5.8 | 8:46     | 4.4 |       |      | 1:15  | -0.2 | 6:36                                                                                | 6:06 |    |
| 5    | Fri | 6:53  | 5.7 | 9:35     | 4.7 | 1:06  | 3.3  | 2:19  | -0.3 | 6:34                                                                                | 6:07 |    |
| 6    | Sat | 8:00  | 5.7 | 10:14    | 4.9 | 2:16  | 2.9  | 3:10  | -0.4 | 6:33                                                                                | 6:08 |    |
| 7    | Sun | 8:58  | 5.7 | 10:47    | 5.0 | 3:10  | 2.5  | 3:51  | -0.4 | 6:31                                                                                | 6:09 |    |
| 8    | Mon | 9:48  | 5.7 | 11:17    | 5.1 | 3:56  | 2.2  | 4:27  | -0.3 | 6:30                                                                                | 6:10 |    |
| 9    | Tue | 10:32 | 5.5 | 11:42    | 5.1 | 4:36  | 1.8  | 4:58  | -0.1 | 6:28                                                                                | 6:11 |    |
| 10   | Wed | 11:14 | 5.3 |          |     | 5:14  | 1.5  | 5:27  | 0.2  | 6:27                                                                                | 6:12 |    |
| 11   | Thu | 12:05 | 5.2 | 11:55 AM | 5.1 | 5:49  | 1.2  | 5:54  | 0.6  | 6:25                                                                                | 6:13 |    |
| 12   | Fri | 12:26 | 5.3 | 12:35    | 4.8 | 6:23  | 1.0  | 6:20  | 1.1  | 6:24                                                                                | 6:14 |   |
| 13   | Sat | 12:47 | 5.4 | 1:18     | 4.5 | 6:57  | 0.8  | 6:47  | 1.6  | 6:22                                                                                | 6:15 |  |
| 14   | Sun | 1:09  | 5.4 | 3:05     | 4.2 | 8:33  | 0.7  | 8:14  | 2.1  | 7:21                                                                                | 7:15 |  |
| 15   | Mon | 2:34  | 5.4 | 4:00     | 3.9 | 9:14  | 0.6  | 8:44  | 2.5  | 7:19                                                                                | 7:16 |  |
| 16   | Tue | 3:05  | 5.4 | 5:13     | 3.6 | 10:01 | 0.6  | 9:18  | 3.0  | 7:18                                                                                | 7:17 |  |
| 17   | Wed | 3:44  | 5.3 | 6:55     | 3.6 | 11:00 | 0.6  | 10:08 | 3.3  | 7:16                                                                                | 7:18 |  |
| 18   | Thu | 4:36  | 5.2 | 8:38     | 3.8 |       |      | 12:12 | 0.6  | 7:15                                                                                | 7:19 |  |
| 19   | Fri | 5:42  | 5.1 | 9:31     | 4.0 |       |      | 1:25  | 0.3  | 7:13                                                                                | 7:20 |  |
| 20   | Sat | 6:57  | 5.2 | 10:04    | 4.3 | 1:24  | 3.4  | 2:28  | 0.0  | 7:12                                                                                | 7:21 |  |
| 21   | Sun | 8:08  | 5.3 | 10:33    | 4.5 | 2:31  | 3.1  | 3:18  | -0.3 | 7:10                                                                                | 7:22 |  |
| 22   | Mon | 9:11  | 5.5 | 11:01    | 4.8 | 3:24  | 2.6  | 4:02  | -0.5 | 7:09                                                                                | 7:23 |  |
| 23   | Tue | 10:09 | 5.7 | 11:30    | 5.2 | 4:11  | 1.9  | 4:42  | -0.5 | 7:07                                                                                | 7:24 |  |
| 24   | Wed | 11:05 | 5.8 | 11:59    | 5.5 | 4:57  | 1.2  | 5:20  | -0.3 | 7:06                                                                                | 7:25 |  |
| 25   | Thu |       |     | 12:01    | 5.7 | 5:43  | 0.5  | 5:58  | 0.1  | 7:04                                                                                | 7:26 |  |
| 26   | Fri | 12:30 | 5.9 | 12:57    | 5.5 | 6:30  | -0.1 | 6:36  | 0.6  | 7:03                                                                                | 7:27 |  |
| 27   | Sat | 1:03  | 6.2 | 1:56     | 5.2 | 7:19  | -0.6 | 7:15  | 1.3  | 7:01                                                                                | 7:28 |  |
| 28   | Sun | 1:39  | 6.4 | 2:58     | 4.8 | 8:10  | -0.9 | 7:58  | 1.9  | 7:00                                                                                | 7:29 |  |
| 29   | Mon | 2:18  | 6.4 | 4:07     | 4.5 | 9:05  | -0.9 | 8:45  | 2.5  | 6:58                                                                                | 7:29 |  |
| 30   | Tue | 3:03  | 6.2 | 5:26     | 4.2 | 10:06 | -0.7 | 9:44  | 3.0  | 6:57                                                                                | 7:30 |  |
| 31   | Wed | 3:56  | 5.9 | 6:54     | 4.2 | 11:15 | -0.5 | 11:07 | 3.2  | 6:55                                                                                | 7:31 |  |