

Alcatraz Island, CA - Feb 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:19	6.0	9:32	4.1			1:52	-0.1	7:13	5:32	
2	Mon	7:21	6.3	10:18	4.4	1:04	3.5	2:48	-0.7	7:12	5:34	
3	Tue	8:22	6.6	10:58	4.7	2:14	3.3	3:39	-1.1	7:11	5:35	
4	Wed	9:19	6.9	11:35	5.0	3:13	3.0	4:26	-1.4	7:11	5:36	
5	Thu	10:15	7.0			4:08	2.6	5:10	-1.5	7:10	5:37	
6	Fri	12:10	5.2	11:08 AM	6.9	5:01	2.2	5:52	-1.4	7:09	5:38	
7	Sat	12:46	5.4	12:01	6.5	5:54	1.8	6:32	-1.0	7:08	5:39	
8	Sun	1:21	5.7	12:55	6.0	6:49	1.4	7:11	-0.4	7:07	5:40	
9	Mon	1:57	5.9	1:52	5.3	7:45	1.1	7:51	0.3	7:06	5:41	
10	Tue	2:34	6.0	2:56	4.7	8:46	0.9	8:32	1.2	7:05	5:42	
11	Wed	3:14	6.0	4:13	4.1	9:51	0.8	9:18	2.0	7:03	5:44	
12	Thu	3:57	5.9	5:51	3.8	11:04	0.7	10:15	2.7	7:02	5:45	
13	Fri	4:47	5.8	7:39	3.9			12:19	0.5	7:01	5:46	
14	Sat	5:46	5.7	8:58	4.2			1:29	0.3	7:00	5:47	
15	Sun	6:48	5.6	9:50	4.5	12:57	3.4	2:28	0.1	6:59	5:48	
16	Mon	7:48	5.6	10:29	4.6	2:06	3.3	3:16	-0.1	6:58	5:49	
17	Tue	8:40	5.7	11:02	4.7	2:59	3.1	3:56	-0.2	6:56	5:50	
18	Wed	9:26	5.8	11:30	4.8	3:42	2.8	4:30	-0.3	6:55	5:51	
19	Thu	10:07	5.8	11:55	4.8	4:20	2.6	5:00	-0.3	6:54	5:52	
20	Fri	10:45	5.7			4:56	2.3	5:27	-0.2	6:53	5:53	
21	Sat	12:17	4.9	11:22 AM	5.5	5:29	2.1	5:52	0.0	6:51	5:54	
22	Sun	12:38	5.0	12:00	5.3	6:03	1.8	6:16	0.3	6:50	5:55	
23	Mon	1:00	5.2	12:39	5.0	6:38	1.5	6:42	0.7	6:49	5:56	
24	Tue	1:23	5.3	1:22	4.7	7:16	1.3	7:09	1.1	6:48	5:57	
25	Wed	1:48	5.5	2:12	4.3	7:58	1.0	7:38	1.7	6:46	5:58	
26	Thu	2:17	5.6	3:16	3.9	8:47	0.9	8:11	2.3	6:45	5:59	
27	Fri	2:52	5.6	4:44	3.6	9:46	0.7	8:52	2.8	6:43	6:00	
28	Sat	3:38	5.7	6:41	3.6	10:58	0.5	9:55	3.3	6:42	6:01	