

Alcatraz Island, CA - Feb 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:49	5.2	12:01	5.8	6:03	2.1	6:27	-0.2	7:14	5:32	
2	Mon	1:19	5.3	12:40	5.4	6:44	1.9	6:59	0.2	7:13	5:33	
3	Tue	1:48	5.3	1:21	5.0	7:25	1.9	7:31	0.6	7:12	5:34	
4	Wed	2:17	5.3	2:04	4.6	8:09	1.8	8:03	1.1	7:11	5:35	
5	Thu	2:48	5.3	2:54	4.2	8:58	1.7	8:39	1.6	7:10	5:36	
6	Fri	3:23	5.3	3:58	3.8	9:55	1.6	9:19	2.1	7:09	5:37	
7	Sat	4:04	5.3	5:24	3.5	11:00	1.5	10:11	2.5	7:08	5:39	
8	Sun	4:52	5.4	7:04	3.5			12:10	1.2	7:07	5:40	
9	Mon	5:47	5.4	8:24	3.8			1:13	0.9	7:06	5:41	
10	Tue	6:45	5.6	9:17	4.1	12:35	3.0	2:05	0.4	7:05	5:42	
11	Wed	7:41	5.8	9:57	4.4	1:39	2.9	2:50	0.0	7:04	5:43	
12	Thu	8:33	6.0	10:33	4.7	2:32	2.7	3:31	-0.3	7:03	5:44	
13	Fri	9:23	6.3	11:07	5.0	3:19	2.4	4:10	-0.6	7:02	5:45	
14	Sat	10:12	6.4	11:41	5.3	4:05	2.1	4:48	-0.7	7:01	5:46	
15	Sun	11:01	6.4			4:51	1.7	5:27	-0.7	6:59	5:47	
16	Mon	12:15	5.5	11:51 AM	6.2	5:38	1.3	6:06	-0.5	6:58	5:48	
17	Tue	12:51	5.8	12:43	5.9	6:27	0.9	6:46	-0.1	6:57	5:50	
18	Wed	1:29	6.0	1:38	5.4	7:20	0.7	7:28	0.5	6:56	5:51	
19	Thu	2:10	6.1	2:40	4.9	8:17	0.5	8:13	1.1	6:55	5:52	
20	Fri	2:55	6.2	3:51	4.4	9:20	0.4	9:05	1.7	6:53	5:53	
21	Sat	3:46	6.1	5:16	4.1	10:32	0.4	10:09	2.3	6:52	5:54	
22	Sun	4:44	6.0	6:49	4.1	11:49	0.3	11:29	2.6	6:51	5:55	
23	Mon	5:50	5.9	8:08	4.3			1:02	0.1	6:49	5:56	
24	Tue	6:57	5.8	9:07	4.6	12:51	2.7	2:05	0.0	6:48	5:57	
25	Wed	8:00	5.9	9:54	4.9	2:00	2.5	2:57	-0.2	6:47	5:58	
26	Thu	8:56	5.9	10:33	5.1	2:57	2.3	3:41	-0.2	6:45	5:59	
27	Fri	9:45	5.8	11:08	5.2	3:46	2.0	4:19	-0.2	6:44	6:00	
28	Sat	10:30	5.7	11:38	5.2	4:29	1.8	4:53	0.0	6:43	6:01	
29	Sun	11:12	5.5			5:08	1.5	5:25	0.2	6:41	6:02	