

Alcatraz Island, CA - Feb 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:24	5.8	7:02	3.9			12:18	0.8	7:13	5:32	
2	Thu	6:23	6.1	8:24	4.1			1:24	0.2	7:12	5:34	
3	Fri	7:22	6.3	9:26	4.5	12:56	2.6	2:23	-0.3	7:11	5:35	
4	Sat	8:20	6.6	10:17	4.9	2:03	2.5	3:15	-0.8	7:10	5:36	
5	Sun	9:16	6.7	11:03	5.2	3:03	2.4	4:04	-1.0	7:10	5:37	
6	Mon	10:09	6.8	11:45	5.4	3:58	2.1	4:49	-1.2	7:09	5:38	
7	Tue	11:01	6.7			4:51	1.8	5:33	-1.1	7:08	5:39	
8	Wed	12:25	5.6	11:51 AM	6.5	5:42	1.6	6:15	-0.8	7:07	5:40	
9	Thu	1:05	5.7	12:42	6.1	6:33	1.4	6:57	-0.4	7:06	5:41	
10	Fri	1:44	5.8	1:33	5.6	7:26	1.3	7:39	0.1	7:04	5:42	
11	Sat	2:24	5.8	2:28	5.0	8:20	1.2	8:22	0.8	7:03	5:44	
12	Sun	3:05	5.7	3:29	4.4	9:19	1.2	9:08	1.4	7:02	5:45	
13	Mon	3:49	5.6	4:43	4.0	10:25	1.2	10:03	2.0	7:01	5:46	
14	Tue	4:36	5.5	6:14	3.8	11:36	1.1	11:08	2.5	7:00	5:47	
15	Wed	5:30	5.4	7:43	3.9			12:45	1.0	6:59	5:48	
16	Thu	6:26	5.4	8:50	4.1	12:21	2.7	1:45	0.7	6:58	5:49	
17	Fri	7:22	5.4	9:38	4.4	1:27	2.8	2:35	0.5	6:56	5:50	
18	Sat	8:12	5.5	10:16	4.6	2:22	2.7	3:17	0.2	6:55	5:51	
19	Sun	8:58	5.6	10:48	4.7	3:08	2.6	3:53	0.1	6:54	5:52	
20	Mon	9:41	5.7	11:17	4.8	3:49	2.4	4:26	0.0	6:53	5:53	
21	Tue	10:21	5.8	11:45	5.0	4:25	2.1	4:56	-0.1	6:51	5:54	
22	Wed	11:00	5.7			5:00	1.9	5:26	-0.1	6:50	5:55	
23	Thu	12:12	5.1	11:40 AM	5.6	5:35	1.7	5:56	0.1	6:49	5:56	
24	Fri	12:41	5.3	12:21	5.5	6:11	1.4	6:27	0.3	6:47	5:57	
25	Sat	1:11	5.4	1:04	5.2	6:51	1.2	7:01	0.6	6:46	5:58	
26	Sun	1:43	5.5	1:53	4.9	7:35	1.0	7:38	1.0	6:45	5:59	
27	Mon	2:19	5.6	2:50	4.5	8:26	0.9	8:20	1.5	6:43	6:00	
28	Tue	3:00	5.7	4:01	4.1	9:24	0.7	9:10	2.0	6:42	6:02	