

Alcatraz Island, CA - Feb 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:57	5.9	2:53	5.1	8:49	1.4	8:54	0.5	7:13	5:32	
2	Fri	3:44	5.9	4:04	4.5	9:59	1.3	9:47	1.2	7:13	5:33	
3	Sat	4:34	5.9	5:29	4.1	11:14	1.1	10:48	1.8	7:12	5:34	
4	Sun	5:29	5.8	7:02	4.0			12:28	0.8	7:11	5:36	
5	Mon	6:25	5.8	8:23	4.2			1:35	0.5	7:10	5:37	
6	Tue	7:20	5.8	9:26	4.5	1:06	2.6	2:31	0.3	7:09	5:38	
7	Wed	8:11	5.9	10:15	4.7	2:07	2.6	3:17	0.1	7:08	5:39	
8	Thu	8:58	5.9	10:55	4.8	3:00	2.6	3:57	-0.1	7:07	5:40	
9	Fri	9:40	5.9	11:29	4.9	3:45	2.5	4:33	-0.2	7:06	5:41	
10	Sat	10:18	5.9			4:26	2.4	5:05	-0.2	7:05	5:42	
11	Sun	12:00	4.9	10:55 AM	5.8	5:02	2.3	5:34	-0.1	7:04	5:43	
12	Mon	12:28	5.0	11:32 AM	5.7	5:37	2.2	6:03	0.0	7:03	5:44	
13	Tue	12:54	5.0	12:08	5.5	6:11	2.0	6:31	0.1	7:01	5:45	
14	Wed	1:21	5.1	12:45	5.3	6:46	1.9	7:00	0.4	7:00	5:47	
15	Thu	1:49	5.2	1:25	4.9	7:24	1.8	7:31	0.7	6:59	5:48	
16	Fri	2:20	5.2	2:10	4.6	8:07	1.6	8:06	1.1	6:58	5:49	
17	Sat	2:54	5.3	3:04	4.2	8:57	1.5	8:45	1.6	6:57	5:50	
18	Sun	3:33	5.4	4:17	3.9	9:57	1.3	9:33	2.0	6:55	5:51	
19	Mon	4:21	5.4	5:49	3.7	11:05	1.1	10:36	2.5	6:54	5:52	
20	Tue	5:16	5.5	7:22	3.9			12:17	0.7	6:53	5:53	
21	Wed	6:18	5.7	8:33	4.2			1:22	0.2	6:52	5:54	
22	Thu	7:21	6.0	9:27	4.6	1:06	2.7	2:19	-0.3	6:50	5:55	
23	Fri	8:21	6.3	10:12	4.9	2:11	2.5	3:11	-0.7	6:49	5:56	
24	Sat	9:18	6.5	10:54	5.2	3:08	2.2	3:58	-0.9	6:48	5:57	
25	Sun	10:12	6.6	11:34	5.5	4:01	1.8	4:44	-1.0	6:46	5:58	
26	Mon	11:06	6.5			4:52	1.3	5:27	-0.9	6:45	5:59	
27	Tue	12:13	5.7	11:58 AM	6.3	5:42	1.0	6:10	-0.6	6:44	6:00	
28	Wed	12:52	5.9	12:52	5.9	6:34	0.7	6:53	-0.1	6:42	6:01	