

Alcatraz Island, CA - Feb 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:36	5.1	11:25 AM	6.0	5:32	2.4	6:07	-0.4	7:14	5:32	
2	Sat	1:08	5.1	12:02	5.8	6:11	2.4	6:39	-0.2	7:13	5:33	
3	Sun	1:38	5.1	12:39	5.5	6:50	2.3	7:10	0.1	7:12	5:34	
4	Mon	2:07	5.0	1:18	5.1	7:30	2.2	7:42	0.4	7:11	5:35	
5	Tue	2:37	5.1	1:59	4.7	8:14	2.1	8:14	0.8	7:10	5:36	
6	Wed	3:09	5.1	2:48	4.3	9:03	2.0	8:50	1.3	7:09	5:38	
7	Thu	3:45	5.1	3:50	3.9	10:01	1.9	9:32	1.8	7:08	5:39	
8	Fri	4:26	5.2	5:14	3.6	11:07	1.6	10:24	2.3	7:07	5:40	
9	Sat	5:14	5.3	6:53	3.6			12:15	1.3	7:06	5:41	
10	Sun	6:07	5.5	8:18	3.8			1:16	0.8	7:05	5:42	
11	Mon	7:01	5.7	9:17	4.2	12:41	2.8	2:09	0.3	7:04	5:43	
12	Tue	7:55	6.0	10:04	4.5	1:45	2.9	2:56	-0.2	7:03	5:44	
13	Wed	8:47	6.3	10:44	4.8	2:39	2.7	3:40	-0.6	7:02	5:45	
14	Thu	9:37	6.5	11:23	5.1	3:29	2.5	4:23	-1.0	7:01	5:46	
15	Fri	10:27	6.6			4:17	2.2	5:06	-1.1	6:59	5:47	
16	Sat	12:01	5.3	11:17 AM	6.6	5:06	1.8	5:48	-1.1	6:58	5:48	
17	Sun	12:39	5.5	12:08	6.4	5:55	1.5	6:30	-0.8	6:57	5:50	
18	Mon	1:18	5.7	1:02	6.1	6:47	1.2	7:13	-0.4	6:56	5:51	
19	Tue	1:58	5.9	1:59	5.5	7:43	1.0	7:58	0.2	6:54	5:52	
20	Wed	2:41	6.0	3:03	5.0	8:44	0.8	8:46	0.9	6:53	5:53	
21	Thu	3:27	6.0	4:18	4.4	9:52	0.7	9:42	1.6	6:52	5:54	
22	Fri	4:19	5.9	5:46	4.1	11:07	0.6	10:49	2.2	6:51	5:55	
23	Sat	5:18	5.8	7:18	4.2			12:23	0.4	6:49	5:56	
24	Sun	6:20	5.8	8:33	4.4	12:05	2.5	1:32	0.2	6:48	5:57	
25	Mon	7:22	5.8	9:30	4.7	1:19	2.6	2:30	0.0	6:47	5:58	
26	Tue	8:19	5.8	10:16	4.9	2:22	2.6	3:19	-0.1	6:45	5:59	
27	Wed	9:10	5.8	10:54	5.0	3:15	2.4	4:00	-0.2	6:44	6:00	
28	Thu	9:55	5.8	11:28	5.1	4:00	2.2	4:36	-0.2	6:43	6:01	
29	Fri	10:36	5.7	11:57	5.1	4:40	2.0	5:08	-0.1	6:41	6:02	