

Alcatraz Island, CA - Feb 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:26	6.0	4:20	4.0	9:58	0.9	9:22	1.9	7:13	5:33	
2	Fri	4:12	6.1	6:04	3.7	11:14	0.6	10:21	2.6	7:12	5:34	
3	Sat	5:06	6.2	7:50	3.9			12:32	0.2	7:11	5:35	
4	Sun	6:09	6.3	9:06	4.2			1:43	-0.2	7:10	5:36	
5	Mon	7:15	6.4	10:00	4.6	1:02	3.2	2:43	-0.6	7:09	5:37	
6	Tue	8:17	6.5	10:44	4.9	2:15	3.1	3:34	-0.8	7:08	5:38	
7	Wed	9:14	6.5	11:22	5.1	3:15	2.9	4:19	-0.9	7:07	5:39	
8	Thu	10:06	6.4	11:57	5.2	4:08	2.5	4:59	-0.9	7:06	5:40	
9	Fri	10:53	6.3			4:56	2.2	5:36	-0.7	7:05	5:41	
10	Sat	12:30	5.3	11:38 AM	6.0	5:41	1.9	6:09	-0.4	7:04	5:43	
11	Sun	1:00	5.4	12:22	5.6	6:25	1.7	6:41	0.0	7:03	5:44	
12	Mon	1:29	5.4	1:06	5.1	7:08	1.5	7:12	0.5	7:02	5:45	
13	Tue	1:56	5.4	1:52	4.6	7:52	1.4	7:42	1.1	7:01	5:46	
14	Wed	2:23	5.4	2:44	4.1	8:40	1.3	8:14	1.8	7:00	5:47	
15	Thu	2:53	5.4	3:49	3.7	9:33	1.2	8:48	2.4	6:59	5:48	
16	Fri	3:28	5.4	5:23	3.5	10:35	1.2	9:30	2.9	6:57	5:49	
17	Sat	4:12	5.3	7:32	3.5	11:45	1.0	10:41	3.3	6:56	5:50	
18	Sun	5:08	5.3	8:54	3.8			12:55	0.8	6:55	5:51	
19	Mon	6:11	5.3	9:35	4.1	12:17	3.5	1:54	0.4	6:54	5:52	
20	Tue	7:14	5.5	10:06	4.3	1:31	3.4	2:42	0.1	6:52	5:53	
21	Wed	8:09	5.7	10:33	4.5	2:25	3.2	3:23	-0.2	6:51	5:54	
22	Thu	9:00	5.9	10:59	4.7	3:09	2.9	3:59	-0.5	6:50	5:55	
23	Fri	9:47	6.0	11:26	4.9	3:50	2.5	4:33	-0.6	6:49	5:56	
24	Sat	10:34	6.1	11:53	5.2	4:30	2.0	5:06	-0.6	6:47	5:57	
25	Sun	11:21	6.0			5:12	1.5	5:39	-0.4	6:46	5:59	
26	Mon	12:21	5.5	12:11	5.7	5:56	1.0	6:14	0.1	6:45	6:00	
27	Tue	12:51	5.8	1:04	5.3	6:43	0.6	6:50	0.6	6:43	6:01	
28	Wed	1:24	6.0	2:03	4.8	7:34	0.3	7:28	1.3	6:42	6:02	