






























Alcatraz Island, CA - Feb 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:39	5.5	7:24	3.7			12:39	1.0	7:13	5:33	
2	Sun	6:33	5.8	8:39	4.0			1:38	0.5	7:12	5:34	
3	Mon	7:29	6.1	9:35	4.4	1:06	2.7	2:30	-0.1	7:11	5:35	
4	Tue	8:23	6.4	10:22	4.7	2:08	2.7	3:18	-0.6	7:10	5:36	
5	Wed	9:16	6.6	11:04	5.1	3:03	2.5	4:04	-1.0	7:09	5:37	
6	Thu	10:08	6.8	11:45	5.3	3:56	2.2	4:48	-1.2	7:08	5:38	
7	Fri	10:59	6.8			4:47	1.9	5:32	-1.2	7:07	5:40	
8	Sat	12:25	5.6	11:51 AM	6.6	5:39	1.5	6:16	-1.0	7:06	5:41	
9	Sun	1:05	5.8	12:44	6.3	6:31	1.3	7:00	-0.6	7:05	5:42	
10	Mon	1:47	5.9	1:39	5.8	7:27	1.1	7:44	0.0	7:04	5:43	
11	Tue	2:30	6.0	2:40	5.2	8:26	1.0	8:31	0.6	7:03	5:44	
12	Wed	3:15	6.0	3:49	4.6	9:32	0.9	9:23	1.3	7:02	5:45	
13	Thu	4:05	5.9	5:10	4.2	10:45	0.8	10:25	1.9	7:01	5:46	
14	Fri	5:00	5.8	6:42	4.1			12:00	0.7	6:59	5:47	
15	Sat	6:00	5.7	8:05	4.2			1:11	0.5	6:58	5:48	
16	Sun	7:00	5.7	9:09	4.5	12:51	2.6	2:11	0.3	6:57	5:49	
17	Mon	7:56	5.7	9:58	4.7	1:56	2.6	3:01	0.1	6:56	5:50	
18	Tue	8:47	5.7	10:38	4.9	2:51	2.5	3:43	0.0	6:55	5:52	
19	Wed	9:31	5.8	11:12	4.9	3:37	2.4	4:19	-0.1	6:53	5:53	
20	Thu	10:12	5.7	11:42	5.0	4:17	2.2	4:51	-0.1	6:52	5:54	
21	Fri	10:50	5.7			4:54	2.0	5:21	0.0	6:51	5:55	
22	Sat	12:08	5.0	11:27 AM	5.5	5:29	1.9	5:50	0.2	6:50	5:56	
23	Sun	12:34	5.1	12:03	5.4	6:02	1.7	6:17	0.3	6:48	5:57	
24	Mon	1:00	5.2	12:41	5.1	6:36	1.5	6:46	0.6	6:47	5:58	
25	Tue	1:27	5.2	1:20	4.8	7:12	1.4	7:16	0.9	6:46	5:59	
26	Wed	1:56	5.3	2:05	4.5	7:53	1.3	7:49	1.3	6:44	6:00	
27	Thu	2:29	5.3	2:58	4.2	8:39	1.2	8:27	1.8	6:43	6:01	
28	Fri	3:08	5.3	4:06	3.9	9:34	1.1	9:13	2.2	6:41	6:02	