
































Alcatraz Island, CA - Feb 2000

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|----------|-----|-------|-----|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | 8:34 | 5.8 | 10:50 | 4.5 | 2:38 | 2.9 | 3:43 | 0.0 | 7:13 | 5:32 |  |
| 2 | Wed | 9:15 | 5.9 | 11:25 | 4.7 | 3:24 | 2.9 | 4:19 | -0.2 | 7:13 | 5:33 |  |
| 3 | Thu | 9:55 | 6.0 | 11:56 | 4.8 | 4:04 | 2.9 | 4:52 | -0.4 | 7:12 | 5:34 |  |
| 4 | Fri | 10:33 | 6.0 | | | 4:41 | 2.8 | 5:24 | -0.5 | 7:11 | 5:35 |  |
| 5 | Sat | 12:26 | 4.8 | 11:11 AM | 6.0 | 5:15 | 2.6 | 5:54 | -0.5 | 7:10 | 5:37 |  |
| 6 | Sun | 12:54 | 4.9 | 11:48 AM | 5.9 | 5:50 | 2.5 | 6:25 | -0.4 | 7:09 | 5:38 |  |
| 7 | Mon | 1:24 | 5.0 | 12:27 | 5.7 | 6:28 | 2.3 | 6:58 | -0.3 | 7:08 | 5:39 |  |
| 8 | Tue | 1:54 | 5.1 | 1:09 | 5.4 | 7:09 | 2.1 | 7:32 | 0.0 | 7:07 | 5:40 |  |
| 9 | Wed | 2:26 | 5.2 | 1:56 | 5.0 | 7:56 | 1.9 | 8:09 | 0.5 | 7:06 | 5:41 |  |
| 10 | Thu | 3:02 | 5.4 | 2:54 | 4.5 | 8:50 | 1.7 | 8:50 | 1.0 | 7:05 | 5:42 |  |
| 11 | Fri | 3:41 | 5.5 | 4:08 | 4.1 | 9:54 | 1.4 | 9:39 | 1.6 | 7:04 | 5:43 |  |
| 12 | Sat | 4:27 | 5.7 | 5:42 | 3.8 | 11:07 | 1.0 | 10:39 | 2.2 | 7:03 | 5:44 |  |
| 13 | Sun | 5:21 | 5.8 | 7:22 | 3.9 | | | 12:21 | 0.6 | 7:01 | 5:45 |  |
| 14 | Mon | 6:20 | 6.0 | 8:42 | 4.2 | | | 1:30 | 0.0 | 7:00 | 5:46 |  |
| 15 | Tue | 7:22 | 6.3 | 9:41 | 4.6 | 1:05 | 2.8 | 2:30 | -0.5 | 6:59 | 5:48 |  |
| 16 | Wed | 8:21 | 6.5 | 10:30 | 4.9 | 2:13 | 2.7 | 3:23 | -0.9 | 6:58 | 5:49 |  |
| 17 | Thu | 9:18 | 6.6 | 11:13 | 5.2 | 3:12 | 2.5 | 4:11 | -1.1 | 6:57 | 5:50 |  |
| 18 | Fri | 10:11 | 6.7 | 11:54 | 5.4 | 4:06 | 2.2 | 4:56 | -1.1 | 6:56 | 5:51 |  |
| 19 | Sat | 11:03 | 6.6 | | | 4:57 | 1.9 | 5:39 | -1.0 | 6:54 | 5:52 |  |
| 20 | Sun | 12:32 | 5.5 | 11:52 AM | 6.3 | 5:47 | 1.6 | 6:19 | -0.7 | 6:53 | 5:53 |  |
| 21 | Mon | 1:09 | 5.6 | 12:41 | 5.9 | 6:36 | 1.4 | 6:59 | -0.3 | 6:52 | 5:54 |  |
| 22 | Tue | 1:46 | 5.6 | 1:31 | 5.4 | 7:25 | 1.3 | 7:38 | 0.3 | 6:50 | 5:55 |  |
| 23 | Wed | 2:22 | 5.6 | 2:24 | 4.8 | 8:17 | 1.2 | 8:18 | 0.9 | 6:49 | 5:56 |  |
| 24 | Thu | 2:59 | 5.5 | 3:24 | 4.3 | 9:12 | 1.2 | 9:02 | 1.6 | 6:48 | 5:57 |  |
| 25 | Fri | 3:38 | 5.4 | 4:39 | 3.9 | 10:14 | 1.2 | 9:53 | 2.2 | 6:46 | 5:58 |  |
| 26 | Sat | 4:23 | 5.2 | 6:14 | 3.7 | 11:22 | 1.1 | 11:00 | 2.7 | 6:45 | 5:59 |  |
| 27 | Sun | 5:14 | 5.2 | 7:49 | 3.9 | | | 12:31 | 0.9 | 6:44 | 6:00 |  |
| 28 | Mon | 6:11 | 5.1 | 8:55 | 4.1 | 12:17 | 3.0 | 1:32 | 0.7 | 6:42 | 6:01 |  |
| 29 | Tue | 7:09 | 5.2 | 9:41 | 4.4 | 1:26 | 3.0 | 2:24 | 0.4 | 6:41 | 6:02 |  |