























Alcatraz Island, CA - Feb 2001

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:59	5.5	6:13	3.6	11:46	1.4	11:03	2.3	7:13	5:33	
2	Fri	5:48	5.7	7:53	3.8			12:54	0.8	7:12	5:34	
3	Sat	6:41	6.0	9:08	4.2	12:12	2.7	1:54	0.1	7:11	5:35	
4	Sun	7:37	6.3	10:04	4.5	1:21	2.9	2:48	-0.5	7:10	5:36	
5	Mon	8:32	6.6	10:51	4.8	2:23	2.9	3:38	-1.0	7:09	5:37	
6	Tue	9:27	6.9	11:34	5.1	3:20	2.8	4:26	-1.3	7:08	5:38	
7	Wed	10:20	7.0			4:13	2.5	5:12	-1.5	7:07	5:40	
8	Thu	12:15	5.3	11:13 AM	6.9	5:06	2.2	5:56	-1.4	7:06	5:41	
9	Fri	12:54	5.5	12:05	6.7	5:59	1.9	6:40	-1.1	7:05	5:42	
10	Sat	1:34	5.6	12:58	6.2	6:53	1.6	7:23	-0.6	7:04	5:43	
11	Sun	2:14	5.7	1:54	5.6	7:50	1.4	8:06	0.0	7:03	5:44	
12	Mon	2:55	5.8	2:55	4.9	8:51	1.2	8:52	0.8	7:02	5:45	
13	Tue	3:39	5.8	4:08	4.3	9:58	1.1	9:42	1.5	7:01	5:46	
14	Wed	4:26	5.7	5:38	3.9	11:11	0.9	10:42	2.2	6:59	5:47	
15	Thu	5:17	5.7	7:18	3.9			12:24	0.7	6:58	5:48	
16	Fri	6:13	5.6	8:41	4.2			1:30	0.5	6:57	5:49	
17	Sat	7:09	5.6	9:39	4.5	1:08	3.0	2:26	0.2	6:56	5:50	
18	Sun	8:02	5.6	10:24	4.6	2:12	3.0	3:14	0.0	6:55	5:52	
19	Mon	8:50	5.7	11:00	4.8	3:04	2.9	3:54	-0.1	6:53	5:53	
20	Tue	9:34	5.8	11:31	4.8	3:47	2.7	4:29	-0.2	6:52	5:54	
21	Wed	10:14	5.8	11:58	4.8	4:25	2.6	5:01	-0.3	6:51	5:55	
22	Thu	10:52	5.8			5:00	2.4	5:31	-0.2	6:49	5:56	
23	Fri	12:23	4.9	11:28 AM	5.6	5:33	2.2	5:59	-0.1	6:48	5:57	
24	Sat	12:48	4.9	12:05	5.5	6:06	2.0	6:27	0.1	6:47	5:58	
25	Sun	1:13	5.0	12:44	5.2	6:40	1.8	6:56	0.4	6:45	5:59	
26	Mon	1:39	5.1	1:25	4.9	7:18	1.6	7:27	0.8	6:44	6:00	
27	Tue	2:08	5.3	2:13	4.5	8:01	1.4	8:00	1.3	6:43	6:01	
28	Wed	2:40	5.3	3:13	4.1	8:52	1.2	8:39	1.8	6:41	6:02	