































## Alcatraz Island, CA - Feb 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:37	5.7	10:33	4.4	1:45	3.3	3:10	0.1	7:13	5:32	
2	Mon	8:24	5.8	11:09	4.6	2:40	3.4	3:49	-0.1	7:13	5:33	
3	Tue	9:09	6.0	11:40	4.7	3:26	3.3	4:25	-0.4	7:12	5:34	
4	Wed	9:51	6.1			4:05	3.1	4:59	-0.6	7:11	5:35	
5	Thu	12:09	4.7	10:32 AM	6.2	4:42	2.9	5:30	-0.7	7:10	5:37	
6	Fri	12:37	4.8	11:11 AM	6.1	5:17	2.7	6:01	-0.7	7:09	5:38	
7	Sat	1:04	4.9	11:51 AM	6.0	5:55	2.5	6:32	-0.6	7:08	5:39	
8	Sun	1:32	5.0	12:33	5.7	6:36	2.2	7:04	-0.3	7:07	5:40	
9	Mon	2:01	5.2	1:19	5.3	7:22	1.9	7:38	0.1	7:06	5:41	
10	Tue	2:32	5.4	2:13	4.8	8:13	1.6	8:14	0.7	7:05	5:42	
11	Wed	3:05	5.6	3:19	4.3	9:12	1.3	8:54	1.5	7:04	5:43	
12	Thu	3:44	5.8	4:47	3.8	10:21	0.9	9:41	2.2	7:03	5:44	
13	Fri	4:31	5.9	6:39	3.7	11:36	0.5	10:45	2.8	7:01	5:45	
14	Sat	5:27	6.0	8:20	4.0			12:51	0.1	7:00	5:46	
15	Sun	6:31	6.2	9:28	4.4	12:07	3.2	1:59	-0.4	6:59	5:48	
16	Mon	7:37	6.3	10:17	4.7	1:29	3.3	2:57	-0.8	6:58	5:49	
17	Tue	8:39	6.5	10:59	4.9	2:38	3.1	3:48	-1.1	6:57	5:50	
18	Wed	9:36	6.6	11:37	5.1	3:35	2.8	4:34	-1.2	6:55	5:51	
19	Thu	10:28	6.5			4:27	2.4	5:15	-1.1	6:54	5:52	
20	Fri	12:12	5.3	11:17 AM	6.3	5:16	2.0	5:54	-0.8	6:53	5:53	
21	Sat	12:46	5.4	12:05	6.0	6:03	1.7	6:30	-0.5	6:52	5:54	
22	Sun	1:17	5.4	12:52	5.5	6:49	1.5	7:05	0.1	6:50	5:55	
23	Mon	1:48	5.5	1:40	5.0	7:36	1.3	7:39	0.7	6:49	5:56	
24	Tue	2:17	5.5	2:33	4.4	8:25	1.2	8:13	1.4	6:48	5:57	
25	Wed	2:48	5.4	3:37	4.0	9:17	1.1	8:51	2.1	6:46	5:58	
26	Thu	3:21	5.3	5:02	3.6	10:18	1.1	9:36	2.7	6:45	5:59	
27	Fri	4:01	5.2	6:59	3.6	11:26	1.0	10:44	3.2	6:44	6:00	
28	Sat	4:51	5.2	8:33	3.9			12:37	0.8	6:42	6:01	
29	Sun	5:53	5.1	9:25	4.2	12:14	3.4	1:40	0.5	6:41	6:02	