























Alcatraz Island, CA - Feb 2005

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|----------|-----|-------|-----|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | 4:06 | 5.5 | 5:04 | 3.6 | 10:48 | 1.3 | 9:54 | 2.3 | 7:13 | 5:33 |  |
| 2 | Wed | 4:50 | 5.7 | 7:02 | 3.6 | | | 12:00 | 0.8 | 7:12 | 5:34 |  |
| 3 | Thu | 5:43 | 5.9 | 8:42 | 3.9 | | | 1:09 | 0.2 | 7:11 | 5:35 |  |
| 4 | Fri | 6:43 | 6.2 | 9:46 | 4.3 | 12:15 | 3.3 | 2:12 | -0.4 | 7:10 | 5:36 |  |
| 5 | Sat | 7:45 | 6.5 | 10:33 | 4.6 | 1:32 | 3.4 | 3:07 | -0.9 | 7:09 | 5:37 |  |
| 6 | Sun | 8:45 | 6.8 | 11:14 | 4.9 | 2:39 | 3.2 | 3:58 | -1.3 | 7:08 | 5:39 |  |
| 7 | Mon | 9:42 | 6.9 | 11:52 | 5.1 | 3:37 | 2.9 | 4:45 | -1.5 | 7:07 | 5:40 |  |
| 8 | Tue | 10:37 | 7.0 | | | 4:31 | 2.5 | 5:29 | -1.5 | 7:06 | 5:41 |  |
| 9 | Wed | 12:29 | 5.3 | 11:30 AM | 6.8 | 5:24 | 2.1 | 6:11 | -1.3 | 7:05 | 5:42 |  |
| 10 | Thu | 1:05 | 5.5 | 12:22 | 6.3 | 6:17 | 1.7 | 6:51 | -0.8 | 7:04 | 5:43 |  |
| 11 | Fri | 1:40 | 5.6 | 1:15 | 5.8 | 7:11 | 1.4 | 7:30 | -0.2 | 7:03 | 5:44 |  |
| 12 | Sat | 2:16 | 5.8 | 2:12 | 5.1 | 8:08 | 1.2 | 8:09 | 0.6 | 7:02 | 5:45 |  |
| 13 | Sun | 2:53 | 5.8 | 3:16 | 4.4 | 9:08 | 1.1 | 8:50 | 1.4 | 7:01 | 5:46 |  |
| 14 | Mon | 3:31 | 5.8 | 4:37 | 3.9 | 10:14 | 0.9 | 9:37 | 2.2 | 6:59 | 5:47 |  |
| 15 | Tue | 4:14 | 5.7 | 6:22 | 3.7 | 11:26 | 0.8 | 10:38 | 2.8 | 6:58 | 5:48 |  |
| 16 | Wed | 5:03 | 5.6 | 8:07 | 3.9 | | | 12:38 | 0.6 | 6:57 | 5:49 |  |
| 17 | Thu | 6:00 | 5.5 | 9:16 | 4.2 | | | 1:44 | 0.4 | 6:56 | 5:51 |  |
| 18 | Fri | 7:00 | 5.5 | 10:03 | 4.5 | 1:18 | 3.4 | 2:39 | 0.2 | 6:55 | 5:52 |  |
| 19 | Sat | 7:57 | 5.5 | 10:39 | 4.6 | 2:21 | 3.3 | 3:24 | 0.0 | 6:53 | 5:53 |  |
| 20 | Sun | 8:47 | 5.7 | 11:10 | 4.7 | 3:10 | 3.1 | 4:02 | -0.2 | 6:52 | 5:54 |  |
| 21 | Mon | 9:32 | 5.7 | 11:36 | 4.7 | 3:50 | 2.8 | 4:35 | -0.3 | 6:51 | 5:55 |  |
| 22 | Tue | 10:12 | 5.8 | | | 4:26 | 2.6 | 5:05 | -0.3 | 6:49 | 5:56 |  |
| 23 | Wed | 12:00 | 4.8 | 10:51 AM | 5.7 | 5:00 | 2.3 | 5:32 | -0.3 | 6:48 | 5:57 |  |
| 24 | Thu | 12:23 | 4.9 | 11:29 AM | 5.6 | 5:34 | 2.0 | 5:58 | -0.1 | 6:47 | 5:58 |  |
| 25 | Fri | 12:46 | 5.0 | 12:08 | 5.4 | 6:08 | 1.8 | 6:24 | 0.2 | 6:45 | 5:59 |  |
| 26 | Sat | 1:09 | 5.2 | 12:49 | 5.1 | 6:45 | 1.5 | 6:52 | 0.6 | 6:44 | 6:00 |  |
| 27 | Sun | 1:34 | 5.4 | 1:35 | 4.7 | 7:26 | 1.2 | 7:21 | 1.1 | 6:43 | 6:01 |  |
| 28 | Mon | 2:01 | 5.5 | 2:30 | 4.3 | 8:12 | 0.9 | 7:53 | 1.7 | 6:41 | 6:02 |  |