



























## Alcatraz Island, CA - Feb 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:21	5.7	4:09	3.8	9:52	1.2	9:12	2.1	7:13	5:33	
2	Mon	4:03	5.8	5:55	3.6	11:03	0.9	10:06	2.7	7:12	5:34	
3	Tue	4:55	6.0	7:45	3.7			12:19	0.4	7:11	5:35	
4	Wed	5:57	6.2	9:02	4.1			1:29	-0.1	7:10	5:36	
5	Thu	7:03	6.4	9:54	4.5	12:46	3.3	2:30	-0.6	7:09	5:37	
6	Fri	8:07	6.6	10:36	4.8	2:00	3.1	3:23	-1.0	7:08	5:39	
7	Sat	9:07	6.8	11:15	5.1	3:02	2.8	4:10	-1.2	7:07	5:40	
8	Sun	10:03	6.8	11:51	5.3	3:58	2.4	4:54	-1.3	7:06	5:41	
9	Mon	10:56	6.7			4:51	2.0	5:35	-1.1	7:05	5:42	
10	Tue	12:27	5.5	11:48 AM	6.3	5:42	1.6	6:13	-0.7	7:04	5:43	
11	Wed	1:01	5.7	12:39	5.9	6:34	1.2	6:51	-0.2	7:03	5:44	
12	Thu	1:36	5.8	1:32	5.3	7:25	1.0	7:28	0.5	7:02	5:45	
13	Fri	2:11	5.9	2:29	4.7	8:19	0.9	8:06	1.2	7:00	5:46	
14	Sat	2:47	5.8	3:35	4.1	9:16	0.9	8:47	2.0	6:59	5:47	
15	Sun	3:25	5.7	5:00	3.7	10:20	0.8	9:37	2.6	6:58	5:48	
16	Mon	4:10	5.6	6:50	3.7	11:31	0.8	10:46	3.1	6:57	5:49	
17	Tue	5:03	5.4	8:23	3.9			12:42	0.7	6:56	5:51	
18	Wed	6:05	5.4	9:20	4.2	12:13	3.4	1:46	0.5	6:54	5:52	
19	Thu	7:07	5.4	10:00	4.4	1:28	3.3	2:38	0.2	6:53	5:53	
20	Fri	8:04	5.5	10:31	4.5	2:25	3.1	3:20	0.0	6:52	5:54	
21	Sat	8:52	5.6	10:57	4.6	3:10	2.9	3:56	-0.1	6:51	5:55	
22	Sun	9:36	5.7	11:20	4.7	3:49	2.6	4:27	-0.2	6:49	5:56	
23	Mon	10:17	5.7	11:43	4.9	4:25	2.3	4:56	-0.2	6:48	5:57	
24	Tue	10:58	5.6			4:59	1.9	5:23	-0.1	6:47	5:58	
25	Wed	12:06	5.1	11:38 AM	5.5	5:34	1.6	5:50	0.2	6:45	5:59	
26	Thu	12:30	5.3	12:21	5.2	6:10	1.3	6:19	0.5	6:44	6:00	
27	Fri	12:56	5.5	1:07	4.9	6:49	0.9	6:50	1.0	6:43	6:01	
28	Sat	1:24	5.7	1:59	4.5	7:33	0.7	7:23	1.5	6:41	6:02	