






























## Alcatraz Island, CA - Feb 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:21	5.8	12:55	6.1	6:49	1.3	7:10	-0.4	7:13	5:33	
2	Tue	1:59	6.0	1:53	5.4	7:46	1.1	7:51	0.3	7:12	5:34	
3	Wed	2:38	6.1	2:56	4.7	8:47	0.9	8:34	1.1	7:11	5:35	
4	Thu	3:21	6.1	4:12	4.2	9:55	0.8	9:23	1.8	7:10	5:36	
5	Fri	4:08	6.1	5:47	3.8	11:08	0.6	10:24	2.5	7:09	5:37	
6	Sat	5:02	6.0	7:30	3.9			12:23	0.5	7:08	5:38	
7	Sun	6:02	5.9	8:49	4.2			1:32	0.3	7:07	5:39	
8	Mon	7:03	5.8	9:44	4.5	1:01	3.2	2:30	0.0	7:06	5:40	
9	Tue	8:00	5.8	10:26	4.7	2:08	3.1	3:18	-0.1	7:05	5:42	
10	Wed	8:51	5.8	11:01	4.8	3:02	2.9	3:58	-0.2	7:04	5:43	
11	Thu	9:35	5.9	11:30	4.8	3:46	2.7	4:32	-0.3	7:03	5:44	
12	Fri	10:16	5.8	11:56	4.9	4:25	2.5	5:02	-0.2	7:02	5:45	
13	Sat	10:54	5.7			5:01	2.3	5:30	-0.1	7:01	5:46	
14	Sun	12:19	5.0	11:31 AM	5.5	5:35	2.0	5:56	0.1	7:00	5:47	
15	Mon	12:41	5.1	12:08	5.3	6:09	1.8	6:22	0.4	6:58	5:48	
16	Tue	1:04	5.2	12:47	5.0	6:44	1.6	6:48	0.7	6:57	5:49	
17	Wed	1:28	5.3	1:29	4.6	7:21	1.4	7:16	1.2	6:56	5:50	
18	Thu	1:55	5.5	2:18	4.3	8:04	1.2	7:47	1.6	6:55	5:51	
19	Fri	2:26	5.5	3:19	3.9	8:53	1.1	8:22	2.2	6:54	5:52	
20	Sat	3:03	5.6	4:44	3.6	9:52	0.9	9:06	2.7	6:52	5:53	
21	Sun	3:50	5.6	6:32	3.6	11:03	0.7	10:11	3.1	6:51	5:55	
22	Mon	4:49	5.7	8:02	3.8			12:19	0.3	6:50	5:56	
23	Tue	5:58	5.8	8:59	4.2			1:26	-0.1	6:48	5:57	
24	Wed	7:08	6.0	9:40	4.5	1:04	3.1	2:24	-0.5	6:47	5:58	
25	Thu	8:13	6.3	10:17	4.9	2:11	2.8	3:13	-0.8	6:46	5:59	
26	Fri	9:13	6.4	10:52	5.2	3:08	2.2	3:58	-0.9	6:44	6:00	
27	Sat	10:09	6.5	11:27	5.5	4:01	1.6	4:40	-0.9	6:43	6:01	
28	Sun	11:04	6.3			4:52	1.1	5:20	-0.6	6:42	6:02	