































Alcatraz Island, CA - Feb 2013

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|----------|-----|-------|-----|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 3:03 | 5.7 | 3:17 | 4.3 | 9:10 | 1.3 | 8:52 | 1.4 | 7:13 | 5:33 |  |
| 2 | Sat | 3:46 | 5.8 | 4:38 | 3.9 | 10:16 | 1.1 | 9:44 | 2.0 | 7:12 | 5:34 |  |
| 3 | Sun | 4:36 | 5.9 | 6:16 | 3.8 | 11:30 | 0.7 | 10:50 | 2.5 | 7:11 | 5:35 |  |
| 4 | Mon | 5:35 | 6.0 | 7:48 | 4.0 | | | 12:43 | 0.3 | 7:10 | 5:36 |  |
| 5 | Tue | 6:39 | 6.2 | 8:57 | 4.3 | 12:08 | 2.7 | 1:48 | -0.2 | 7:09 | 5:37 |  |
| 6 | Wed | 7:41 | 6.4 | 9:50 | 4.7 | 1:23 | 2.7 | 2:45 | -0.6 | 7:08 | 5:39 |  |
| 7 | Thu | 8:41 | 6.6 | 10:36 | 5.0 | 2:29 | 2.5 | 3:35 | -0.9 | 7:07 | 5:40 |  |
| 8 | Fri | 9:37 | 6.7 | 11:17 | 5.3 | 3:27 | 2.2 | 4:21 | -1.0 | 7:06 | 5:41 |  |
| 9 | Sat | 10:29 | 6.6 | 11:55 | 5.5 | 4:21 | 1.9 | 5:04 | -0.9 | 7:05 | 5:42 |  |
| 10 | Sun | 11:20 | 6.4 | | | 5:11 | 1.6 | 5:44 | -0.7 | 7:04 | 5:43 |  |
| 11 | Mon | 12:32 | 5.7 | 12:09 | 6.1 | 6:00 | 1.4 | 6:23 | -0.3 | 7:03 | 5:44 |  |
| 12 | Tue | 1:09 | 5.8 | 12:58 | 5.6 | 6:49 | 1.2 | 7:02 | 0.1 | 7:02 | 5:45 |  |
| 13 | Wed | 1:44 | 5.8 | 1:48 | 5.1 | 7:38 | 1.1 | 7:41 | 0.7 | 7:00 | 5:46 |  |
| 14 | Thu | 2:20 | 5.7 | 2:43 | 4.6 | 8:30 | 1.1 | 8:21 | 1.3 | 6:59 | 5:47 |  |
| 15 | Fri | 2:58 | 5.6 | 3:46 | 4.1 | 9:27 | 1.1 | 9:06 | 1.9 | 6:58 | 5:48 |  |
| 16 | Sat | 3:39 | 5.5 | 5:05 | 3.8 | 10:30 | 1.1 | 10:00 | 2.4 | 6:57 | 5:49 |  |
| 17 | Sun | 4:26 | 5.4 | 6:41 | 3.7 | 11:41 | 1.1 | 11:10 | 2.8 | 6:56 | 5:51 |  |
| 18 | Mon | 5:21 | 5.3 | 8:05 | 3.9 | | | 12:49 | 0.9 | 6:54 | 5:52 |  |
| 19 | Tue | 6:21 | 5.3 | 9:02 | 4.1 | 12:27 | 3.0 | 1:48 | 0.7 | 6:53 | 5:53 |  |
| 20 | Wed | 7:19 | 5.4 | 9:42 | 4.3 | 1:32 | 2.9 | 2:36 | 0.4 | 6:52 | 5:54 |  |
| 21 | Thu | 8:12 | 5.5 | 10:15 | 4.5 | 2:25 | 2.7 | 3:16 | 0.2 | 6:51 | 5:55 |  |
| 22 | Fri | 8:59 | 5.6 | 10:44 | 4.7 | 3:10 | 2.5 | 3:51 | 0.0 | 6:49 | 5:56 |  |
| 23 | Sat | 9:43 | 5.7 | 11:11 | 4.9 | 3:49 | 2.2 | 4:23 | -0.1 | 6:48 | 5:57 |  |
| 24 | Sun | 10:26 | 5.7 | 11:39 | 5.1 | 4:26 | 1.9 | 4:53 | -0.1 | 6:47 | 5:58 |  |
| 25 | Mon | 11:08 | 5.7 | | | 5:02 | 1.6 | 5:24 | 0.0 | 6:45 | 5:59 |  |
| 26 | Tue | 12:07 | 5.3 | 11:50 AM | 5.6 | 5:39 | 1.3 | 5:55 | 0.2 | 6:44 | 6:00 |  |
| 27 | Wed | 12:36 | 5.5 | 12:35 | 5.3 | 6:19 | 1.0 | 6:29 | 0.5 | 6:43 | 6:01 |  |
| 28 | Thu | 1:07 | 5.7 | 1:24 | 5.0 | 7:02 | 0.7 | 7:05 | 0.9 | 6:41 | 6:02 |  |