





























Alcatraz Island, CA - Feb 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:42	5.2	5:34	3.5	11:33	1.8	10:39	2.3	7:13	5:32	
2	Sun	5:26	5.3	7:21	3.5			12:39	1.3	7:12	5:33	
3	Mon	6:15	5.5	8:46	3.8			1:36	0.8	7:11	5:34	
4	Tue	7:05	5.7	9:44	4.2	12:51	3.0	2:26	0.3	7:11	5:36	
5	Wed	7:56	6.0	10:29	4.5	1:52	3.1	3:11	-0.2	7:10	5:37	
6	Thu	8:46	6.3	11:08	4.7	2:46	3.1	3:53	-0.7	7:09	5:38	
7	Fri	9:35	6.6	11:45	4.9	3:34	2.9	4:35	-1.1	7:08	5:39	
8	Sat	10:24	6.7			4:21	2.7	5:16	-1.3	7:07	5:40	
9	Sun	12:21	5.1	11:13 AM	6.7	5:08	2.3	5:58	-1.3	7:06	5:41	
10	Mon	12:57	5.3	12:03	6.6	5:57	2.0	6:39	-1.1	7:05	5:42	
11	Tue	1:34	5.5	12:56	6.2	6:49	1.7	7:20	-0.6	7:03	5:43	
12	Wed	2:12	5.7	1:52	5.6	7:45	1.4	8:03	0.0	7:02	5:44	
13	Thu	2:53	5.8	2:55	5.0	8:47	1.1	8:48	0.7	7:01	5:45	
14	Fri	3:37	5.9	4:11	4.4	9:56	0.9	9:39	1.5	7:00	5:47	
15	Sat	4:25	6.0	5:45	4.0	11:11	0.7	10:41	2.2	6:59	5:48	
16	Sun	5:20	6.0	7:25	4.0			12:28	0.4	6:58	5:49	
17	Mon	6:20	6.0	8:47	4.3			1:37	0.1	6:57	5:50	
18	Tue	7:20	6.0	9:46	4.6	1:14	2.9	2:36	-0.2	6:55	5:51	
19	Wed	8:18	6.0	10:32	4.9	2:21	2.9	3:26	-0.4	6:54	5:52	
20	Thu	9:09	6.0	11:12	5.0	3:16	2.8	4:09	-0.5	6:53	5:53	
21	Fri	9:56	6.0	11:46	5.0	4:04	2.6	4:46	-0.5	6:52	5:54	
22	Sat	10:38	5.9			4:45	2.4	5:20	-0.4	6:50	5:55	
23	Sun	12:16	5.0	11:17 AM	5.8	5:23	2.2	5:51	-0.2	6:49	5:56	
24	Mon	12:43	5.0	11:55 AM	5.5	5:58	2.0	6:21	0.0	6:48	5:57	
25	Tue	1:08	5.0	12:32	5.3	6:34	1.8	6:50	0.3	6:46	5:58	
26	Wed	1:32	5.0	1:11	4.9	7:10	1.7	7:18	0.7	6:45	5:59	
27	Thu	1:57	5.1	1:53	4.5	7:49	1.5	7:48	1.2	6:44	6:00	
28	Fri	2:24	5.1	2:43	4.2	8:32	1.4	8:20	1.7	6:42	6:01	
29	Sat	2:56	5.2	3:47	3.8	9:23	1.3	8:58	2.2	6:41	6:02	