






























Alcatraz Island, CA - Feb 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:20	5.3	5:46	3.4	11:25	1.5	10:13	2.7	7:13	5:33	
2	Mon	5:01	5.4	7:55	3.5			12:33	1.1	7:12	5:34	
3	Tue	5:50	5.4	9:19	3.8			1:34	0.8	7:11	5:35	
4	Wed	6:45	5.6	10:06	4.2	12:41	3.5	2:26	0.4	7:10	5:36	
5	Thu	7:39	5.7	10:41	4.4	1:51	3.5	3:11	0.0	7:09	5:37	
6	Fri	8:31	6.0	11:11	4.5	2:44	3.4	3:51	-0.4	7:08	5:38	
7	Sat	9:18	6.2	11:39	4.7	3:27	3.2	4:28	-0.7	7:07	5:39	
8	Sun	10:03	6.3			4:07	3.0	5:03	-0.9	7:06	5:40	
9	Mon	12:07	4.8	10:48 AM	6.4	4:47	2.6	5:37	-1.0	7:05	5:42	
10	Tue	12:36	5.0	11:33 AM	6.3	5:29	2.3	6:11	-0.9	7:04	5:43	
11	Wed	1:05	5.2	12:20	6.0	6:14	1.9	6:46	-0.5	7:03	5:44	
12	Thu	1:35	5.5	1:10	5.6	7:03	1.5	7:21	0.0	7:02	5:45	
13	Fri	2:07	5.7	2:07	5.0	7:57	1.1	7:59	0.7	7:01	5:46	
14	Sat	2:42	5.9	3:16	4.4	8:57	0.8	8:40	1.5	7:00	5:47	
15	Sun	3:23	6.0	4:44	3.9	10:06	0.6	9:28	2.3	6:58	5:48	
16	Mon	4:10	6.1	6:34	3.8	11:23	0.3	10:33	2.9	6:57	5:49	
17	Tue	5:08	6.1	8:14	4.1			12:42	0.0	6:56	5:50	
18	Wed	6:16	6.1	9:20	4.4	12:00	3.3	1:53	-0.3	6:55	5:51	
19	Thu	7:24	6.1	10:08	4.7	1:25	3.3	2:52	-0.6	6:53	5:52	
20	Fri	8:27	6.2	10:49	4.9	2:34	3.1	3:42	-0.7	6:52	5:53	
21	Sat	9:23	6.2	11:24	5.1	3:30	2.7	4:24	-0.8	6:51	5:54	
22	Sun	10:13	6.1	11:57	5.2	4:18	2.4	5:02	-0.7	6:50	5:55	
23	Mon	10:59	6.0			5:03	2.1	5:36	-0.5	6:48	5:57	
24	Tue	12:26	5.2	11:42 AM	5.7	5:44	1.8	6:07	-0.1	6:47	5:58	
25	Wed	12:53	5.3	12:24	5.3	6:24	1.5	6:36	0.3	6:46	5:59	
26	Thu	1:18	5.3	1:06	4.9	7:04	1.3	7:05	0.8	6:44	6:00	
27	Fri	1:42	5.3	1:51	4.5	7:45	1.2	7:33	1.4	6:43	6:01	
28	Sat	2:06	5.3	2:43	4.0	8:28	1.1	8:02	2.0	6:42	6:02	