

Alcatraz Island, CA - Oct 1968

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	9:45	5.0	8:27	5.7	2:28	-0.1	2:45	2.8	7:05	6:52	
2	Wed	10:24	5.2	9:32	5.7	3:22	-0.1	3:41	2.3	7:06	6:51	
3	Thu	10:58	5.4	10:28	5.6	4:07	0.0	4:30	1.7	7:07	6:49	
4	Fri	11:29	5.6	11:20	5.5	4:46	0.2	5:13	1.3	7:08	6:48	
5	Sat	11:57	5.7			5:22	0.6	5:54	0.9	7:09	6:46	
6	Sun	12:10	5.3	12:23	5.8	5:54	1.0	6:32	0.6	7:10	6:45	
7	Mon	12:58	5.1	12:47	5.8	6:26	1.5	7:08	0.4	7:11	6:43	
8	Tue	1:46	4.8	1:11	5.8	6:58	2.0	7:45	0.3	7:11	6:42	
9	Wed	2:36	4.6	1:36	5.7	7:31	2.6	8:22	0.3	7:12	6:40	
10	Thu	3:30	4.4	2:05	5.6	8:05	3.0	9:04	0.3	7:13	6:39	
11	Fri	4:32	4.2	2:40	5.4	8:45	3.4	9:52	0.5	7:14	6:37	
12	Sat	5:49	4.2	3:24	5.2	9:38	3.7	10:51	0.6	7:15	6:36	
13	Sun	7:14	4.2	4:23	5.0	11:04	3.8			7:16	6:35	
14	Mon	8:18	4.3	5:34	4.9	12:00	0.7	12:42	3.7	7:17	6:33	
15	Tue	8:59	4.5	6:49	4.8	1:08	0.6	1:50	3.4	7:18	6:32	
16	Wed	9:29	4.7	7:58	4.9	2:04	0.5	2:41	2.9	7:19	6:30	
17	Thu	9:55	4.9	9:00	5.1	2:50	0.4	3:23	2.3	7:20	6:29	
18	Fri	10:20	5.2	9:57	5.2	3:29	0.4	4:02	1.7	7:21	6:28	
19	Sat	10:46	5.6	10:52	5.2	4:06	0.5	4:41	1.0	7:22	6:26	
20	Sun	11:13	5.9	11:47	5.3	4:41	0.8	5:21	0.3	7:23	6:25	
21	Mon	11:42	6.2			5:17	1.2	6:03	-0.3	7:24	6:24	
22	Tue	12:43	5.2	12:14	6.5	5:55	1.7	6:48	-0.8	7:25	6:22	
23	Wed	1:41	5.1	12:50	6.7	6:35	2.2	7:36	-1.1	7:26	6:21	
24	Thu	2:43	4.9	1:31	6.7	7:19	2.7	8:28	-1.1	7:27	6:20	
25	Fri	3:49	4.8	2:18	6.5	8:08	3.1	9:26	-0.9	7:28	6:19	
26	Sat	5:01	4.7	3:14	6.2	9:10	3.4	10:31	-0.7	7:29	6:17	
27	Sun	5:16	4.7	3:22	5.8	9:34	3.5	10:42	-0.4	6:30	5:16	
28	Mon	6:24	4.8	4:40	5.4	11:14	3.3	11:52	-0.1	6:31	5:15	
29	Tue	7:19	5.0	6:02	5.1			12:37	2.8	6:32	5:14	
30	Wed	8:04	5.3	7:19	4.9	12:54	0.1	1:43	2.2	6:33	5:13	
31	Thu	8:41	5.5	8:27	4.9	1:46	0.3	2:37	1.6	6:34	5:12	