

Alcatraz Island, CA - Oct 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:35	4.3	3:38	5.5	9:47	3.5	11:03	0.6	7:05	6:53	
2	Thu	7:03	4.3	4:33	5.2	11:08	3.7			7:06	6:51	
3	Fri	8:19	4.4	5:42	5.0	12:13	0.7	12:40	3.7	7:07	6:50	
4	Sat	9:10	4.5	6:56	4.9	1:23	0.7	1:52	3.4	7:08	6:48	
5	Sun	9:45	4.7	8:03	5.0	2:21	0.6	2:45	3.0	7:08	6:47	
6	Mon	10:13	4.8	9:01	5.1	3:07	0.5	3:29	2.5	7:09	6:45	
7	Tue	10:37	5.0	9:52	5.1	3:45	0.5	4:08	2.1	7:10	6:44	
8	Wed	10:59	5.2	10:40	5.2	4:17	0.6	4:43	1.6	7:11	6:42	
9	Thu	11:22	5.4	11:26	5.1	4:47	0.8	5:17	1.1	7:12	6:41	
10	Fri	11:45	5.7			5:16	1.1	5:51	0.6	7:13	6:39	
11	Sat	12:14	5.1	12:10	5.9	5:46	1.4	6:28	0.2	7:14	6:38	
12	Sun	1:04	5.0	12:37	6.1	6:18	1.9	7:07	-0.2	7:15	6:36	
13	Mon	1:56	4.9	1:08	6.2	6:52	2.3	7:50	-0.4	7:16	6:35	
14	Tue	2:54	4.7	1:44	6.3	7:29	2.8	8:39	-0.5	7:17	6:33	
15	Wed	3:59	4.5	2:27	6.2	8:13	3.2	9:35	-0.5	7:18	6:32	
16	Thu	5:14	4.4	3:21	6.0	9:09	3.5	10:41	-0.3	7:19	6:31	
17	Fri	6:34	4.4	4:29	5.7	10:30	3.6	11:54	-0.2	7:20	6:29	
18	Sat	7:44	4.6	5:49	5.5			12:12	3.5	7:21	6:28	
19	Sun	8:36	4.9	7:12	5.3	1:05	-0.1	1:39	3.0	7:22	6:27	
20	Mon	9:18	5.2	8:28	5.3	2:07	-0.1	2:45	2.3	7:23	6:25	
21	Tue	9:54	5.5	9:36	5.3	2:59	0.1	3:39	1.5	7:24	6:24	
22	Wed	10:27	5.8	10:38	5.2	3:43	0.4	4:28	0.9	7:25	6:23	
23	Thu	10:59	6.1	11:36	5.1	4:24	0.8	5:13	0.3	7:26	6:21	
24	Fri	11:29	6.2			5:03	1.3	5:55	-0.2	7:27	6:20	
25	Sat	12:31	5.0	11:59 AM	6.3	5:41	1.8	6:35	-0.4	7:28	6:19	
26	Sun	1:26	4.9	11:28 AM	6.3	5:19	2.3	6:15	-0.5	6:29	5:18	
27	Mon	1:20	4.8	11:59 AM	6.1	5:58	2.8	6:55	-0.5	6:30	5:16	
28	Tue	2:15	4.7	12:32	5.9	6:39	3.2	7:37	-0.3	6:31	5:15	
29	Wed	3:14	4.5	1:09	5.7	7:26	3.5	8:24	0.0	6:32	5:14	
30	Thu	4:17	4.4	1:52	5.3	8:23	3.7	9:17	0.2	6:33	5:13	
31	Fri	5:24	4.4	2:46	5.0	9:40	3.7	10:17	0.4	6:34	5:12	