

Alcatraz Island, CA - Oct 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	12:46	5.0	12:42	5.7	6:19	1.6	6:58	0.6	7:05	6:53	●
2	Fri	1:30	4.8	1:06	5.8	6:46	2.0	7:33	0.4	7:06	6:51	●
3	Sat	2:18	4.6	1:33	5.8	7:16	2.4	8:12	0.2	7:06	6:50	●
4	Sun	3:11	4.4	2:05	5.8	7:48	2.8	8:58	0.2	7:07	6:48	◐
5	Mon	4:15	4.2	2:45	5.8	8:26	3.2	9:52	0.2	7:08	6:47	◐
6	Tue	5:34	4.1	3:36	5.7	9:16	3.5	10:57	0.2	7:09	6:45	◐
7	Wed	6:59	4.2	4:42	5.5	10:34	3.7			7:10	6:44	◐
8	Thu	8:07	4.4	6:01	5.5	12:10	0.1	12:17	3.6	7:11	6:42	◐
9	Fri	8:54	4.6	7:21	5.5	1:20	0.0	1:42	3.1	7:12	6:41	◐
10	Sat	9:32	5.0	8:34	5.6	2:20	-0.1	2:45	2.5	7:13	6:40	◐
11	Sun	10:06	5.3	9:41	5.6	3:10	-0.1	3:39	1.7	7:14	6:38	○
12	Mon	10:38	5.7	10:43	5.6	3:55	0.1	4:29	0.9	7:15	6:37	○
13	Tue	11:11	6.1	11:42	5.6	4:37	0.5	5:17	0.2	7:16	6:35	○
14	Wed	11:44	6.4			5:18	0.9	6:04	-0.4	7:17	6:34	○
15	Thu	12:41	5.4	12:18	6.6	5:58	1.5	6:50	-0.7	7:18	6:32	○
16	Fri	1:39	5.2	12:54	6.6	6:40	2.1	7:38	-0.8	7:18	6:31	○
17	Sat	2:39	5.0	1:32	6.5	7:24	2.6	8:26	-0.7	7:19	6:30	○
18	Sun	3:42	4.8	2:13	6.2	8:13	3.0	9:18	-0.4	7:20	6:28	○
19	Mon	4:50	4.6	3:00	5.8	9:11	3.4	10:16	-0.1	7:21	6:27	○
20	Tue	6:03	4.6	3:55	5.4	10:25	3.6	11:21	0.2	7:22	6:26	○
21	Wed	7:14	4.6	5:00	5.0	11:54	3.5			7:23	6:24	○
22	Thu	8:11	4.7	6:14	4.7	12:28	0.4	1:12	3.2	7:24	6:23	◐
23	Fri	8:54	4.8	7:28	4.6	1:30	0.6	2:14	2.8	7:25	6:22	◐
24	Sat	9:27	5.0	8:35	4.6	2:21	0.7	3:04	2.3	7:26	6:20	◐
25	Sun	8:54	5.1	8:33	4.6	2:03	0.8	2:47	1.7	6:27	5:19	◐
26	Mon	9:17	5.3	9:25	4.6	2:38	1.1	3:24	1.2	6:28	5:18	◐
27	Tue	9:39	5.5	10:14	4.6	3:10	1.4	3:58	0.8	6:29	5:17	◐
28	Wed	10:02	5.7	11:02	4.6	3:40	1.7	4:31	0.4	6:30	5:16	◐
29	Thu	10:26	5.9	11:49	4.6	4:10	2.1	5:03	0.0	6:31	5:14	◐
30	Fri	10:53	6.0			4:40	2.4	5:36	-0.3	6:32	5:13	●
31	Sat	12:37	4.6	11:22 AM	6.1	5:13	2.8	6:13	-0.5	6:34	5:12	●