

Alcatraz Island, CA - Oct 1972

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:57	4.9	7:44	5.5	1:42	0.1	2:02	2.8	7:05	6:52	
2	Mon	9:42	5.2	8:53	5.5	2:41	0.1	3:05	2.2	7:06	6:51	
3	Tue	10:20	5.4	9:53	5.4	3:30	0.2	3:56	1.7	7:07	6:49	
4	Wed	10:54	5.6	10:48	5.3	4:11	0.5	4:42	1.2	7:08	6:48	
5	Thu	11:23	5.7	11:38	5.2	4:48	0.8	5:22	0.8	7:09	6:46	
6	Fri	11:50	5.8			5:21	1.2	6:00	0.5	7:10	6:45	
7	Sat	12:25	5.0	12:15	5.8	5:53	1.6	6:35	0.3	7:11	6:43	
8	Sun	1:11	4.9	12:39	5.8	6:25	2.0	7:09	0.2	7:11	6:42	
9	Mon	1:57	4.7	1:05	5.8	6:56	2.4	7:44	0.2	7:12	6:40	
10	Tue	2:44	4.6	1:33	5.7	7:29	2.8	8:22	0.2	7:13	6:39	
11	Wed	3:34	4.4	2:06	5.6	8:04	3.1	9:04	0.3	7:14	6:37	
12	Thu	4:32	4.2	2:46	5.4	8:45	3.4	9:53	0.5	7:15	6:36	
13	Fri	5:39	4.1	3:34	5.2	9:40	3.6	10:51	0.6	7:16	6:34	
14	Sat	6:51	4.2	4:35	5.0	11:03	3.6	11:56	0.6	7:17	6:33	
15	Sun	7:49	4.3	5:46	4.8			12:35	3.4	7:18	6:32	
16	Mon	8:30	4.5	6:59	4.8	12:58	0.6	1:43	3.0	7:19	6:30	
17	Tue	9:03	4.8	8:09	4.9	1:52	0.5	2:35	2.5	7:20	6:29	
18	Wed	9:32	5.1	9:13	5.0	2:38	0.5	3:20	1.8	7:21	6:28	
19	Thu	10:02	5.5	10:14	5.1	3:20	0.7	4:02	1.1	7:22	6:26	
20	Fri	10:32	5.9	11:12	5.2	4:00	0.9	4:44	0.3	7:23	6:25	
21	Sat	11:04	6.3			4:40	1.3	5:28	-0.3	7:24	6:24	
22	Sun	12:09	5.2	11:39 AM	6.6	5:21	1.7	6:13	-0.9	7:25	6:22	
23	Mon	1:07	5.2	12:17	6.8	6:03	2.1	7:01	-1.2	7:26	6:21	
24	Tue	2:05	5.1	12:59	6.9	6:48	2.5	7:52	-1.3	7:27	6:20	
25	Wed	3:06	5.0	1:47	6.7	7:38	2.8	8:47	-1.1	7:28	6:19	
26	Thu	4:10	4.8	2:40	6.4	8:36	3.1	9:46	-0.8	7:29	6:17	
27	Fri	5:17	4.8	3:41	6.0	9:48	3.2	10:51	-0.4	7:30	6:16	
28	Sat	6:23	4.8	4:51	5.5	11:15	3.1	11:59	-0.1	7:31	6:15	
29	Sun	6:24	5.0	5:09	5.1	11:43	2.8			6:32	5:14	
30	Mon	7:15	5.2	6:29	4.8	12:03	0.2	12:57	2.2	6:33	5:13	
31	Tue	7:59	5.5	7:44	4.7	1:00	0.5	1:57	1.6	6:34	5:12	