

Alcatraz Island, CA - Oct 1973

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:22	4.4	3:01	5.6	9:00	3.1	10:03	0.5	7:05	6:53	
2	Tue	5:32	4.2	3:48	5.3	9:58	3.3	11:02	0.7	7:06	6:51	
3	Wed	6:49	4.2	4:46	5.1	11:17	3.5			7:07	6:50	
4	Thu	7:58	4.3	5:54	4.9	12:09	0.8	12:42	3.4	7:08	6:48	
5	Fri	8:46	4.5	7:04	4.8	1:13	0.8	1:50	3.1	7:09	6:47	
6	Sat	9:21	4.6	8:10	4.9	2:08	0.8	2:42	2.7	7:09	6:45	
7	Sun	9:49	4.9	9:08	5.0	2:53	0.7	3:26	2.2	7:10	6:44	
8	Mon	10:15	5.1	10:00	5.1	3:31	0.8	4:04	1.7	7:11	6:42	
9	Tue	10:41	5.4	10:51	5.1	4:06	0.9	4:40	1.2	7:12	6:41	
10	Wed	11:07	5.7	11:40	5.2	4:39	1.1	5:16	0.6	7:13	6:39	
11	Thu	11:36	6.0			5:13	1.3	5:53	0.2	7:14	6:38	
12	Fri	12:30	5.1	12:07	6.2	5:48	1.7	6:33	-0.3	7:15	6:36	
13	Sat	1:22	5.1	12:41	6.4	6:25	2.1	7:17	-0.5	7:16	6:35	
14	Sun	2:17	4.9	1:19	6.5	7:06	2.4	8:04	-0.7	7:17	6:33	
15	Mon	3:15	4.8	2:03	6.4	7:51	2.8	8:57	-0.6	7:18	6:32	
16	Tue	4:19	4.6	2:54	6.2	8:44	3.0	9:56	-0.5	7:19	6:31	
17	Wed	5:29	4.6	3:55	5.9	9:53	3.2	11:03	-0.3	7:20	6:29	
18	Thu	6:38	4.7	5:07	5.6	11:21	3.2			7:21	6:28	
19	Fri	7:40	4.9	6:27	5.3	12:13	0.0	12:50	2.8	7:22	6:27	
20	Sat	8:31	5.2	7:47	5.1	1:19	0.1	2:04	2.2	7:23	6:25	
21	Sun	9:14	5.5	9:00	5.1	2:17	0.3	3:04	1.6	7:24	6:24	
22	Mon	9:52	5.8	10:05	5.1	3:07	0.6	3:56	0.9	7:25	6:23	
23	Tue	10:27	6.0	11:04	5.0	3:51	1.0	4:42	0.4	7:26	6:21	
24	Wed	11:00	6.2	11:58	5.0	4:32	1.4	5:25	0.0	7:27	6:20	
25	Thu	11:32	6.2			5:11	1.8	6:04	-0.3	7:28	6:19	
26	Fri	12:50	5.0	12:03	6.2	5:49	2.2	6:42	-0.4	7:29	6:18	
27	Sat	1:40	4.9	12:33	6.1	6:28	2.6	7:20	-0.4	7:30	6:16	
28	Sun	1:28	4.8	12:05	6.0	6:07	2.9	6:58	-0.3	6:31	5:15	
29	Mon	2:17	4.6	12:40	5.7	6:48	3.1	7:39	-0.1	6:32	5:14	
30	Tue	3:08	4.5	1:19	5.5	7:34	3.3	8:23	0.1	6:33	5:13	
31	Wed	4:03	4.4	2:04	5.2	8:29	3.4	9:13	0.3	6:34	5:12	