

Alcatraz Island, CA - Oct 1974

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:15	5.1	12:14	5.7	5:52	1.4	6:26	0.6	7:05	6:53	
2	Wed	12:58	5.0	12:41	5.8	6:22	1.7	7:01	0.4	7:06	6:51	
3	Thu	1:44	4.9	1:11	5.9	6:54	2.1	7:39	0.2	7:06	6:50	
4	Fri	2:33	4.7	1:45	6.0	7:29	2.4	8:22	0.1	7:07	6:48	
5	Sat	3:27	4.5	2:24	5.9	8:09	2.7	9:11	0.0	7:08	6:47	
6	Sun	4:30	4.4	3:11	5.8	8:57	3.0	10:08	0.1	7:09	6:45	
7	Mon	5:41	4.3	4:09	5.7	10:00	3.2	11:14	0.1	7:10	6:44	
8	Tue	6:53	4.4	5:19	5.5	11:24	3.2			7:11	6:42	
9	Wed	7:55	4.6	6:37	5.4	12:25	0.2	12:52	2.9	7:12	6:41	
10	Thu	8:44	5.0	7:54	5.4	1:31	0.2	2:05	2.4	7:13	6:39	
11	Fri	9:26	5.3	9:05	5.5	2:28	0.2	3:05	1.7	7:14	6:38	
12	Sat	10:05	5.7	10:09	5.5	3:18	0.3	3:57	1.0	7:15	6:37	
13	Sun	10:41	6.1	11:09	5.5	4:04	0.6	4:46	0.3	7:16	6:35	
14	Mon	11:18	6.3			4:47	0.9	5:33	-0.2	7:17	6:34	
15	Tue	12:06	5.4	11:54 AM	6.5	5:30	1.3	6:18	-0.5	7:18	6:32	
16	Wed	1:01	5.3	12:31	6.5	6:12	1.8	7:03	-0.7	7:19	6:31	
17	Thu	1:56	5.2	1:08	6.4	6:56	2.2	7:49	-0.6	7:19	6:30	
18	Fri	2:51	5.0	1:48	6.2	7:42	2.6	8:36	-0.4	7:20	6:28	
19	Sat	3:48	4.8	2:30	5.9	8:32	2.9	9:25	-0.1	7:21	6:27	
20	Sun	4:50	4.6	3:17	5.5	9:31	3.2	10:20	0.2	7:22	6:26	
21	Mon	5:55	4.5	4:12	5.1	10:45	3.3	11:20	0.5	7:23	6:24	
22	Tue	6:59	4.6	5:16	4.8			12:06	3.2	7:24	6:23	
23	Wed	7:53	4.7	6:28	4.5	12:22	0.7	1:18	2.9	7:25	6:22	
24	Thu	8:35	4.8	7:40	4.4	1:20	0.9	2:17	2.4	7:26	6:20	
25	Fri	9:08	5.0	8:46	4.5	2:10	1.0	3:06	2.0	7:27	6:19	
26	Sat	9:36	5.2	9:43	4.5	2:53	1.2	3:47	1.5	7:28	6:18	
27	Sun	9:03	5.4	9:35	4.6	2:31	1.4	3:23	1.0	6:29	5:17	
28	Mon	9:30	5.7	10:24	4.7	3:06	1.6	3:57	0.5	6:30	5:16	
29	Tue	9:57	5.9	11:11	4.8	3:40	1.9	4:30	0.1	6:31	5:14	
30	Wed	10:27	6.1	11:58	4.8	4:14	2.1	5:05	-0.2	6:33	5:13	
31	Thu	10:59	6.2			4:49	2.4	5:41	-0.5	6:34	5:12	