

Alcatraz Island, CA - Oct 1975

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:47	5.2	9:17	5.7	2:49	0.2	3:14	1.9	7:04	6:53	
2	Thu	10:24	5.5	10:18	5.8	3:37	0.2	4:05	1.2	7:05	6:52	
3	Fri	11:00	5.9	11:16	5.9	4:22	0.3	4:53	0.5	7:06	6:50	
4	Sat	11:37	6.3			5:05	0.6	5:42	-0.1	7:07	6:49	
5	Sun	12:13	5.8	12:15	6.5	5:48	0.9	6:30	-0.5	7:08	6:47	
6	Mon	1:10	5.6	12:55	6.7	6:32	1.4	7:20	-0.7	7:09	6:46	
7	Tue	2:07	5.4	1:37	6.6	7:18	1.8	8:12	-0.7	7:10	6:44	
8	Wed	3:07	5.2	2:23	6.5	8:08	2.3	9:06	-0.5	7:11	6:43	
9	Thu	4:11	4.9	3:13	6.1	9:05	2.6	10:05	-0.2	7:12	6:41	
10	Fri	5:20	4.8	4:10	5.7	10:14	2.9	11:10	0.1	7:13	6:40	
11	Sat	6:33	4.7	5:15	5.3	11:36	3.0			7:14	6:38	
12	Sun	7:40	4.8	6:28	5.0	12:18	0.4	12:58	2.8	7:14	6:37	
13	Mon	8:35	5.0	7:40	4.9	1:23	0.6	2:06	2.5	7:15	6:36	
14	Tue	9:19	5.1	8:46	4.9	2:19	0.7	3:01	2.1	7:16	6:34	
15	Wed	9:54	5.3	9:43	4.9	3:06	0.9	3:47	1.6	7:17	6:33	
16	Thu	10:24	5.4	10:34	4.9	3:46	1.0	4:27	1.2	7:18	6:31	
17	Fri	10:50	5.5	11:20	4.9	4:21	1.3	5:03	0.9	7:19	6:30	
18	Sat	11:15	5.6			4:54	1.5	5:36	0.6	7:20	6:29	
19	Sun	12:03	4.9	11:40 AM	5.7	5:25	1.8	6:07	0.4	7:21	6:27	
20	Mon	12:45	4.8	12:07	5.8	5:56	2.1	6:39	0.2	7:22	6:26	
21	Tue	1:28	4.8	12:36	5.9	6:28	2.3	7:11	0.0	7:23	6:25	
22	Wed	2:11	4.7	1:07	5.8	7:01	2.6	7:47	0.0	7:24	6:23	
23	Thu	2:57	4.6	1:42	5.8	7:37	2.8	8:28	-0.1	7:25	6:22	
24	Fri	3:48	4.5	2:23	5.7	8:19	3.0	9:14	0.0	7:26	6:21	
25	Sat	4:45	4.4	3:10	5.5	9:12	3.2	10:07	0.1	7:27	6:19	
26	Sun	4:45	4.4	3:09	5.2	9:21	3.2	10:07	0.2	6:28	5:18	
27	Mon	5:44	4.6	4:20	5.0	10:44	3.0	11:10	0.3	6:29	5:17	
28	Tue	6:36	4.9	5:40	4.9			12:03	2.6	6:30	5:16	
29	Wed	7:21	5.2	6:58	4.9	12:12	0.4	1:09	1.9	6:31	5:15	
30	Thu	8:02	5.6	8:11	5.0	1:08	0.6	2:04	1.2	6:32	5:13	
31	Fri	8:41	6.0	9:17	5.1	1:59	0.8	2:55	0.4	6:33	5:12	