

## Alcatraz Island, CA - Oct 1976

| Date |     | High  |     |       |     | Low   |     |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|-----|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft  | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Fri | 8:05  | 4.9 | 7:07  | 5.5 | 12:52 | 0.2 | 1:20  | 2.7  | 7:05                                                                                | 6:52 |    |
| 2    | Sat | 9:01  | 5.1 | 8:18  | 5.4 | 1:58  | 0.3 | 2:29  | 2.3  | 7:06                                                                                | 6:51 |    |
| 3    | Sun | 9:47  | 5.3 | 9:21  | 5.4 | 2:53  | 0.4 | 3:25  | 1.9  | 7:07                                                                                | 6:49 |    |
| 4    | Mon | 10:26 | 5.5 | 10:16 | 5.3 | 3:40  | 0.5 | 4:13  | 1.5  | 7:08                                                                                | 6:48 |    |
| 5    | Tue | 11:00 | 5.6 | 11:06 | 5.3 | 4:21  | 0.7 | 4:55  | 1.1  | 7:09                                                                                | 6:46 |    |
| 6    | Wed | 11:29 | 5.7 | 11:51 | 5.2 | 4:58  | 1.0 | 5:32  | 0.8  | 7:10                                                                                | 6:45 |    |
| 7    | Thu | 11:56 | 5.7 |       |     | 5:32  | 1.3 | 6:07  | 0.6  | 7:11                                                                                | 6:43 |    |
| 8    | Fri | 12:35 | 5.1 | 12:22 | 5.7 | 6:04  | 1.6 | 6:40  | 0.5  | 7:11                                                                                | 6:42 |    |
| 9    | Sat | 1:17  | 4.9 | 12:48 | 5.7 | 6:36  | 1.9 | 7:13  | 0.4  | 7:12                                                                                | 6:40 |    |
| 10   | Sun | 1:59  | 4.8 | 1:16  | 5.7 | 7:08  | 2.2 | 7:47  | 0.4  | 7:13                                                                                | 6:39 |    |
| 11   | Mon | 2:42  | 4.6 | 1:47  | 5.6 | 7:42  | 2.5 | 8:24  | 0.4  | 7:14                                                                                | 6:37 |    |
| 12   | Tue | 3:29  | 4.5 | 2:22  | 5.5 | 8:20  | 2.8 | 9:06  | 0.5  | 7:15                                                                                | 6:36 |   |
| 13   | Wed | 4:22  | 4.3 | 3:03  | 5.3 | 9:04  | 3.0 | 9:54  | 0.6  | 7:16                                                                                | 6:34 |  |
| 14   | Thu | 5:23  | 4.3 | 3:53  | 5.1 | 10:01 | 3.2 | 10:50 | 0.6  | 7:17                                                                                | 6:33 |  |
| 15   | Fri | 6:28  | 4.3 | 4:54  | 4.9 | 11:17 | 3.2 | 11:52 | 0.7  | 7:18                                                                                | 6:32 |  |
| 16   | Sat | 7:27  | 4.5 | 6:04  | 4.8 |       |     | 12:38 | 3.0  | 7:19                                                                                | 6:30 |  |
| 17   | Sun | 8:15  | 4.7 | 7:18  | 4.9 | 12:55 | 0.7 | 1:44  | 2.6  | 7:20                                                                                | 6:29 |  |
| 18   | Mon | 8:56  | 5.0 | 8:27  | 5.0 | 1:51  | 0.6 | 2:38  | 2.0  | 7:21                                                                                | 6:28 |  |
| 19   | Tue | 9:32  | 5.4 | 9:31  | 5.2 | 2:42  | 0.6 | 3:26  | 1.4  | 7:22                                                                                | 6:26 |  |
| 20   | Wed | 10:08 | 5.8 | 10:30 | 5.3 | 3:28  | 0.7 | 4:11  | 0.7  | 7:23                                                                                | 6:25 |  |
| 21   | Thu | 10:44 | 6.2 | 11:28 | 5.4 | 4:12  | 0.9 | 4:56  | 0.0  | 7:24                                                                                | 6:24 |  |
| 22   | Fri | 11:22 | 6.5 |       |     | 4:56  | 1.1 | 5:43  | -0.6 | 7:25                                                                                | 6:22 |  |
| 23   | Sat | 12:24 | 5.5 | 12:02 | 6.7 | 5:40  | 1.5 | 6:30  | -0.9 | 7:26                                                                                | 6:21 |  |
| 24   | Sun | 1:20  | 5.4 | 12:44 | 6.8 | 6:26  | 1.8 | 7:19  | -1.1 | 7:27                                                                                | 6:20 |  |
| 25   | Mon | 2:17  | 5.3 | 1:30  | 6.7 | 7:15  | 2.1 | 8:11  | -1.1 | 7:28                                                                                | 6:19 |  |
| 26   | Tue | 3:16  | 5.2 | 2:20  | 6.5 | 8:09  | 2.5 | 9:06  | -0.9 | 7:29                                                                                | 6:17 |  |
| 27   | Wed | 4:18  | 5.0 | 3:14  | 6.1 | 9:12  | 2.7 | 10:04 | -0.5 | 7:30                                                                                | 6:16 |  |
| 28   | Thu | 5:23  | 5.0 | 4:16  | 5.6 | 10:27 | 2.8 | 11:08 | -0.1 | 7:31                                                                                | 6:15 |  |
| 29   | Fri | 6:29  | 5.0 | 5:27  | 5.2 | 11:52 | 2.7 |       |      | 7:32                                                                                | 6:14 |  |
| 30   | Sat | 7:29  | 5.2 | 6:44  | 4.8 | 12:14 | 0.2 | 1:12  | 2.4  | 7:33                                                                                | 6:13 |  |
| 31   | Sun | 7:21  | 5.3 | 7:00  | 4.7 | 1:16  | 0.6 | 1:18  | 1.9  | 6:34                                                                                | 5:12 |  |