

Alcatraz Island, CA - Oct 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:03	5.6	5:32	0.9	5:58	1.0	7:05	6:53	
2	Mon	12:17	5.3	12:32	5.7	6:03	1.1	6:33	0.7	7:06	6:51	
3	Tue	1:01	5.3	1:03	5.8	6:36	1.3	7:11	0.4	7:07	6:50	
4	Wed	1:48	5.1	1:36	5.9	7:12	1.7	7:52	0.2	7:07	6:48	
5	Thu	2:38	5.0	2:13	5.9	7:51	2.0	8:39	0.1	7:08	6:47	
6	Fri	3:35	4.8	2:56	5.9	8:35	2.4	9:32	0.1	7:09	6:45	
7	Sat	4:39	4.6	3:47	5.8	9:29	2.7	10:33	0.1	7:10	6:44	
8	Sun	5:52	4.5	4:49	5.6	10:39	2.9	11:41	0.2	7:11	6:42	
9	Mon	7:05	4.6	6:01	5.5			12:05	2.9	7:12	6:41	
10	Tue	8:10	4.9	7:17	5.4	12:52	0.2	1:26	2.6	7:13	6:39	
11	Wed	9:02	5.2	8:29	5.5	1:57	0.2	2:34	2.1	7:14	6:38	
12	Thu	9:47	5.5	9:35	5.6	2:53	0.2	3:30	1.5	7:15	6:37	
13	Fri	10:28	5.8	10:34	5.6	3:43	0.3	4:21	0.9	7:16	6:35	
14	Sat	11:06	6.1	11:30	5.6	4:29	0.5	5:08	0.5	7:17	6:34	
15	Sun	11:43	6.2			5:12	0.8	5:52	0.1	7:18	6:32	
16	Mon	12:23	5.5	12:19	6.3	5:54	1.1	6:35	-0.1	7:19	6:31	
17	Tue	1:14	5.4	12:54	6.2	6:35	1.5	7:18	-0.2	7:20	6:30	
18	Wed	2:06	5.2	1:29	6.1	7:18	1.9	8:01	-0.1	7:20	6:28	
19	Thu	2:58	5.0	2:06	5.8	8:02	2.3	8:45	0.0	7:21	6:27	
20	Fri	3:53	4.8	2:45	5.5	8:50	2.7	9:32	0.2	7:22	6:26	
21	Sat	4:52	4.6	3:29	5.2	9:48	3.0	10:25	0.5	7:23	6:24	
22	Sun	5:56	4.5	4:22	4.9	10:59	3.1	11:24	0.7	7:24	6:23	
23	Mon	7:00	4.5	5:25	4.7			12:17	3.1	7:25	6:22	
24	Tue	7:55	4.7	6:36	4.5	12:27	0.9	1:26	2.8	7:26	6:20	
25	Wed	8:39	4.8	7:45	4.5	1:25	0.9	2:23	2.4	7:27	6:19	
26	Thu	9:15	5.0	8:48	4.6	2:16	1.0	3:09	2.0	7:28	6:18	
27	Fri	9:46	5.3	9:43	4.7	3:00	1.0	3:49	1.5	7:29	6:17	
28	Sat	10:16	5.5	10:34	4.8	3:39	1.1	4:26	1.1	7:30	6:15	
29	Sun	9:45	5.7	10:22	4.9	3:15	1.3	4:00	0.6	6:32	5:14	
30	Mon	10:16	5.9	11:10	5.0	3:51	1.5	4:35	0.2	6:33	5:13	
31	Tue	10:48	6.1	11:58	5.0	4:27	1.7	5:12	-0.2	6:34	5:12	