

Alcatraz Island, CA - Oct 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:25	5.0	8:38	5.7	2:17	0.1	2:39	2.4	7:05	6:53	
2	Tue	10:08	5.3	9:41	5.9	3:11	0.0	3:34	1.8	7:05	6:52	
3	Wed	10:47	5.7	10:40	6.1	4:00	-0.1	4:25	1.2	7:06	6:50	
4	Thu	11:26	6.0	11:36	6.1	4:46	0.0	5:14	0.6	7:07	6:49	
5	Fri			12:04	6.2	5:31	0.2	6:02	0.2	7:08	6:47	
6	Sat	12:31	6.0	12:43	6.4	6:14	0.6	6:51	-0.1	7:09	6:46	
7	Sun	1:27	5.7	1:23	6.4	6:59	1.1	7:40	-0.3	7:10	6:44	
8	Mon	2:23	5.5	2:04	6.3	7:45	1.6	8:31	-0.2	7:11	6:43	
9	Tue	3:23	5.2	2:47	6.1	8:35	2.1	9:25	-0.1	7:12	6:41	
10	Wed	4:27	4.9	3:35	5.8	9:32	2.5	10:24	0.2	7:13	6:40	
11	Thu	5:38	4.7	4:30	5.4	10:41	2.8	11:29	0.4	7:14	6:38	
12	Fri	6:52	4.7	5:33	5.1			12:01	3.0	7:15	6:37	
13	Sat	7:59	4.8	6:43	4.9	12:37	0.6	1:17	2.8	7:15	6:35	
14	Sun	8:53	5.0	7:51	4.8	1:40	0.7	2:20	2.5	7:16	6:34	
15	Mon	9:36	5.1	8:53	4.9	2:34	0.7	3:12	2.2	7:17	6:33	
16	Tue	10:10	5.2	9:46	4.9	3:19	0.8	3:55	1.8	7:18	6:31	
17	Wed	10:39	5.3	10:33	5.0	3:58	0.9	4:33	1.4	7:19	6:30	
18	Thu	11:06	5.4	11:17	5.0	4:33	1.0	5:08	1.1	7:20	6:29	
19	Fri	11:32	5.6	11:59	5.0	5:05	1.2	5:40	0.8	7:21	6:27	
20	Sat	11:58	5.7			5:36	1.4	6:12	0.5	7:22	6:26	
21	Sun	12:41	5.0	12:26	5.8	6:06	1.7	6:44	0.3	7:23	6:25	
22	Mon	1:24	4.9	12:55	5.8	6:38	2.0	7:19	0.1	7:24	6:23	
23	Tue	2:09	4.8	1:27	5.8	7:13	2.3	7:58	0.0	7:25	6:22	
24	Wed	2:58	4.7	2:03	5.8	7:51	2.5	8:41	-0.1	7:26	6:21	
25	Thu	3:53	4.6	2:45	5.6	8:36	2.8	9:31	0.0	7:27	6:19	
26	Fri	4:54	4.5	3:36	5.5	9:33	3.0	10:28	0.0	7:28	6:18	
27	Sat	6:00	4.6	4:40	5.3	10:47	3.1	11:33	0.1	7:29	6:17	
28	Sun	6:05	4.7	4:55	5.1	11:13	2.9	11:40	0.2	6:30	5:16	
29	Mon	7:01	5.0	6:13	5.0			12:31	2.5	6:31	5:15	
30	Tue	7:48	5.4	7:28	5.1	12:42	0.2	1:34	1.9	6:32	5:13	
31	Wed	8:31	5.7	8:36	5.2	1:38	0.3	2:29	1.2	6:33	5:12	