

Alcatraz Island, CA - Oct 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:28	4.8	6:18	5.5	12:12	0.2	12:32	2.9	7:05	6:52	
2	Thu	8:36	5.0	7:30	5.4	1:23	0.3	1:48	2.7	7:06	6:51	
3	Fri	9:30	5.2	8:36	5.4	2:26	0.3	2:51	2.4	7:07	6:49	
4	Sat	10:14	5.3	9:34	5.4	3:18	0.4	3:43	2.1	7:08	6:48	
5	Sun	10:51	5.4	10:25	5.4	4:02	0.4	4:27	1.7	7:09	6:46	
6	Mon	11:22	5.5	11:10	5.3	4:40	0.6	5:06	1.4	7:10	6:45	
7	Tue	11:50	5.5	11:52	5.2	5:14	0.8	5:41	1.2	7:11	6:43	
8	Wed			12:15	5.5	5:46	1.0	6:15	0.9	7:12	6:42	
9	Thu	12:33	5.1	12:40	5.5	6:16	1.3	6:47	0.8	7:12	6:40	
10	Fri	1:13	5.0	1:05	5.6	6:46	1.7	7:19	0.6	7:13	6:39	
11	Sat	1:55	4.8	1:32	5.5	7:16	2.0	7:53	0.5	7:14	6:37	
12	Sun	2:39	4.7	2:01	5.5	7:48	2.3	8:31	0.5	7:15	6:36	
13	Mon	3:27	4.5	2:35	5.4	8:24	2.7	9:14	0.5	7:16	6:34	
14	Tue	4:24	4.3	3:16	5.3	9:08	3.0	10:05	0.5	7:17	6:33	
15	Wed	5:31	4.3	4:07	5.1	10:06	3.2	11:04	0.6	7:18	6:32	
16	Thu	6:42	4.3	5:10	5.0	11:25	3.3			7:19	6:30	
17	Fri	7:47	4.5	6:23	5.0	12:10	0.5	12:50	3.1	7:20	6:29	
18	Sat	8:37	4.8	7:36	5.1	1:15	0.4	1:58	2.7	7:21	6:27	
19	Sun	9:19	5.1	8:44	5.3	2:13	0.3	2:52	2.1	7:22	6:26	
20	Mon	9:57	5.5	9:47	5.5	3:04	0.2	3:41	1.5	7:23	6:25	
21	Tue	10:34	5.8	10:46	5.6	3:52	0.2	4:28	0.8	7:24	6:24	
22	Wed	11:11	6.2	11:43	5.7	4:37	0.4	5:15	0.1	7:25	6:22	
23	Thu	11:49	6.4			5:21	0.7	6:02	-0.4	7:26	6:21	
24	Fri	12:40	5.7	12:28	6.6	6:06	1.1	6:50	-0.7	7:27	6:20	
25	Sat	1:38	5.5	1:09	6.7	6:52	1.6	7:40	-0.9	7:28	6:18	
26	Sun	1:37	5.4	12:53	6.5	6:41	2.0	7:33	-0.8	6:29	5:17	
27	Mon	2:38	5.2	1:41	6.3	7:35	2.5	8:28	-0.6	6:30	5:16	
28	Tue	3:44	5.0	2:34	5.9	8:39	2.8	9:29	-0.3	6:31	5:15	
29	Wed	4:54	5.0	3:35	5.4	9:57	3.0	10:35	0.0	6:32	5:14	
30	Thu	6:02	5.0	4:45	5.0	11:21	2.9	11:42	0.3	6:33	5:13	
31	Fri	7:02	5.1	6:00	4.8			12:36	2.6	6:34	5:11	