

Alcatraz Island, CA - Oct 1983

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:18	4.7	7:47	5.8	1:47	0.0	2:01	3.1	7:05	6:53	
2	Sun	10:02	5.0	8:56	5.9	2:48	-0.2	3:03	2.6	7:05	6:52	
3	Mon	10:40	5.3	9:59	6.1	3:40	-0.3	3:57	1.9	7:06	6:50	
4	Tue	11:16	5.6	10:57	6.1	4:27	-0.3	4:47	1.3	7:07	6:49	
5	Wed	11:51	5.9	11:53	6.0	5:10	-0.1	5:35	0.7	7:08	6:47	
6	Thu			12:26	6.1	5:51	0.3	6:23	0.3	7:09	6:46	
7	Fri	12:48	5.8	1:01	6.2	6:32	0.8	7:10	0.0	7:10	6:44	
8	Sat	1:44	5.5	1:36	6.2	7:13	1.4	7:58	-0.2	7:11	6:43	
9	Sun	2:42	5.1	2:12	6.1	7:55	2.0	8:47	-0.1	7:12	6:41	
10	Mon	3:44	4.8	2:51	5.9	8:42	2.5	9:40	0.0	7:13	6:40	
11	Tue	4:54	4.6	3:35	5.6	9:38	3.0	10:39	0.2	7:14	6:38	
12	Wed	6:13	4.5	4:27	5.3	10:52	3.4	11:45	0.4	7:15	6:37	
13	Thu	7:33	4.6	5:32	5.0			12:20	3.5	7:15	6:35	
14	Fri	8:37	4.7	6:43	4.8	12:53	0.6	1:37	3.3	7:16	6:34	
15	Sat	9:22	4.8	7:53	4.8	1:55	0.6	2:36	2.9	7:17	6:33	
16	Sun	9:57	5.0	8:53	4.9	2:47	0.6	3:23	2.5	7:18	6:31	
17	Mon	10:26	5.1	9:45	5.0	3:29	0.6	4:03	2.1	7:19	6:30	
18	Tue	10:51	5.2	10:33	5.0	4:06	0.6	4:39	1.6	7:20	6:28	
19	Wed	11:14	5.4	11:18	5.0	4:39	0.8	5:12	1.2	7:21	6:27	
20	Thu	11:38	5.5			5:09	1.0	5:44	0.9	7:22	6:26	
21	Fri	12:02	5.0	12:03	5.7	5:39	1.3	6:16	0.5	7:23	6:24	
22	Sat	12:47	5.0	12:29	5.9	6:10	1.6	6:50	0.2	7:24	6:23	
23	Sun	1:34	4.9	12:57	6.0	6:42	2.0	7:28	-0.1	7:25	6:22	
24	Mon	2:25	4.7	1:29	6.0	7:17	2.4	8:10	-0.3	7:26	6:21	
25	Tue	3:21	4.6	2:06	6.0	7:57	2.8	8:58	-0.3	7:27	6:19	
26	Wed	4:25	4.5	2:50	5.9	8:45	3.2	9:54	-0.3	7:28	6:18	
27	Thu	5:38	4.5	3:46	5.7	9:49	3.4	10:59	-0.2	7:29	6:17	
28	Fri	6:51	4.6	4:56	5.4	11:15	3.5			7:30	6:16	
29	Sat	7:53	4.8	6:16	5.3	12:09	-0.1	12:48	3.2	7:31	6:15	
30	Sun	7:43	5.1	6:37	5.2	1:17	-0.1	1:02	2.6	6:32	5:13	
31	Mon	8:24	5.4	7:51	5.2	1:17	0.0	2:02	1.9	6:33	5:12	