

Alcatraz Island, CA - Oct 1986

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	11:24	5.2	10:54	5.6	4:38	0.2	4:54	1.7	7:05	6:53	
2	Thu	11:48	5.5	11:42	5.6	5:10	0.3	5:31	1.2	7:06	6:51	
3	Fri			12:14	5.7	5:41	0.6	6:10	0.7	7:07	6:50	
4	Sat	12:32	5.4	12:42	6.0	6:14	1.0	6:52	0.2	7:07	6:48	
5	Sun	1:25	5.3	1:12	6.2	6:49	1.5	7:37	-0.2	7:08	6:47	
6	Mon	2:22	5.0	1:47	6.4	7:27	2.1	8:26	-0.4	7:09	6:45	
7	Tue	3:26	4.7	2:27	6.4	8:08	2.7	9:21	-0.4	7:10	6:44	
8	Wed	4:40	4.5	3:15	6.2	8:58	3.1	10:25	-0.3	7:11	6:42	
9	Thu	6:05	4.4	4:16	6.0	10:06	3.5	11:39	-0.2	7:12	6:41	
10	Fri	7:28	4.5	5:31	5.7	11:42	3.6			7:13	6:39	
11	Sat	8:33	4.8	6:52	5.6	12:55	-0.2	1:18	3.3	7:14	6:38	
12	Sun	9:22	5.0	8:09	5.5	2:03	-0.1	2:31	2.8	7:15	6:36	
13	Mon	10:02	5.3	9:17	5.5	2:59	-0.1	3:28	2.1	7:16	6:35	
14	Tue	10:37	5.5	10:17	5.4	3:46	0.1	4:18	1.5	7:17	6:34	
15	Wed	11:08	5.7	11:11	5.3	4:26	0.3	5:02	1.0	7:18	6:32	
16	Thu	11:37	5.9			5:03	0.7	5:43	0.6	7:19	6:31	
17	Fri	12:03	5.2	12:04	5.9	5:38	1.2	6:22	0.3	7:20	6:29	
18	Sat	12:53	5.0	12:29	6.0	6:11	1.7	6:58	0.1	7:21	6:28	
19	Sun	1:43	4.8	12:54	5.9	6:45	2.2	7:35	0.0	7:22	6:27	
20	Mon	2:34	4.6	1:20	5.8	7:19	2.7	8:12	0.0	7:22	6:25	
21	Tue	3:28	4.5	1:50	5.7	7:56	3.1	8:53	0.1	7:23	6:24	
22	Wed	4:29	4.3	2:25	5.5	8:38	3.5	9:40	0.3	7:24	6:23	
23	Thu	5:39	4.3	3:09	5.2	9:34	3.7	10:35	0.5	7:25	6:22	
24	Fri	6:55	4.3	4:06	5.0	10:58	3.8	11:40	0.6	7:26	6:20	
25	Sat	7:56	4.4	5:16	4.7			12:32	3.6	7:27	6:19	
26	Sun	7:37	4.6	5:31	4.6	12:45	0.6	12:41	3.3	6:28	5:18	
27	Mon	8:08	4.8	6:43	4.7	12:42	0.5	1:32	2.8	6:30	5:17	
28	Tue	8:35	5.0	7:47	4.8	1:29	0.5	2:15	2.2	6:31	5:15	
29	Wed	9:00	5.3	8:46	4.9	2:09	0.6	2:53	1.6	6:32	5:14	
30	Thu	9:26	5.6	9:43	5.0	2:46	0.8	3:31	0.9	6:33	5:13	
31	Fri	9:53	6.0	10:39	5.0	3:23	1.1	4:10	0.2	6:34	5:12	