

Alcatraz Island, CA - Oct 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:19	4.8	12:58	5.7	6:41	1.9	7:23	0.5	7:05	6:52	●
2	Mon	2:03	4.6	1:22	5.7	7:09	2.4	7:58	0.4	7:06	6:51	●
3	Tue	2:50	4.4	1:49	5.7	7:38	2.8	8:36	0.4	7:07	6:49	●
4	Wed	3:44	4.2	2:22	5.6	8:10	3.1	9:21	0.5	7:08	6:48	◐
5	Thu	4:50	4.1	3:02	5.4	8:48	3.4	10:15	0.5	7:09	6:46	◐
6	Fri	6:11	4.0	3:55	5.3	9:43	3.7	11:20	0.6	7:10	6:45	◐
7	Sat	7:33	4.1	5:01	5.1	11:16	3.8			7:10	6:43	◐
8	Sun	8:28	4.3	6:17	5.1	12:30	0.5	12:53	3.6	7:11	6:42	◐
9	Mon	9:05	4.6	7:31	5.2	1:34	0.3	2:01	3.1	7:12	6:40	◐
10	Tue	9:36	4.9	8:39	5.3	2:27	0.2	2:54	2.5	7:13	6:39	◐
11	Wed	10:06	5.2	9:42	5.5	3:13	0.1	3:41	1.7	7:14	6:38	○
12	Thu	10:35	5.6	10:42	5.5	3:54	0.3	4:27	0.9	7:15	6:36	○
13	Fri	11:06	6.0	11:41	5.5	4:34	0.6	5:13	0.2	7:16	6:35	○
14	Sat	11:39	6.4			5:14	1.0	5:59	-0.5	7:17	6:33	○
15	Sun	12:40	5.4	12:14	6.7	5:55	1.5	6:47	-0.9	7:18	6:32	○
16	Mon	1:39	5.3	12:53	6.8	6:38	2.1	7:38	-1.1	7:19	6:30	○
17	Tue	2:41	5.1	1:35	6.8	7:24	2.6	8:31	-1.0	7:20	6:29	○
18	Wed	3:47	4.9	2:23	6.5	8:16	3.0	9:29	-0.8	7:21	6:28	○
19	Thu	4:58	4.7	3:18	6.2	9:19	3.3	10:34	-0.5	7:22	6:26	○
20	Fri	6:12	4.7	4:22	5.7	10:42	3.4	11:44	-0.1	7:23	6:25	○
21	Sat	7:21	4.8	5:37	5.3			12:14	3.3	7:24	6:24	◐
22	Sun	8:18	5.0	6:55	5.0	12:53	0.1	1:33	2.8	7:25	6:22	◐
23	Mon	9:03	5.2	8:10	4.8	1:54	0.3	2:37	2.3	7:26	6:21	◐
24	Tue	9:40	5.3	9:16	4.7	2:44	0.6	3:28	1.8	7:27	6:20	◐
25	Wed	10:11	5.5	10:13	4.7	3:26	0.8	4:12	1.3	7:28	6:19	◐
26	Thu	10:37	5.6	11:05	4.7	4:02	1.2	4:50	0.8	7:29	6:17	◐
27	Fri	11:00	5.7	11:54	4.6	4:35	1.6	5:25	0.5	7:30	6:16	◐
28	Sat	11:23	5.8			5:06	2.0	5:57	0.2	7:31	6:15	◐
29	Sun	12:40	4.6	10:45 AM	5.9	4:36	2.4	5:29	0.0	6:32	5:14	●
30	Mon	12:24	4.6	11:10 AM	5.9	5:06	2.7	6:01	-0.2	6:33	5:13	●
31	Tue	1:09	4.5	11:38 AM	5.9	5:37	3.0	6:35	-0.2	6:34	5:12	●