

Alcatraz Island, CA - Oct 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:40	5.1	10:15	5.5	3:53	0.4	4:15	1.8	7:05	6:53	
2	Tue	11:06	5.5	11:07	5.5	4:28	0.4	4:54	1.2	7:06	6:51	
3	Wed	11:33	5.8	11:59	5.5	5:03	0.7	5:34	0.6	7:07	6:50	
4	Thu			12:03	6.1	5:38	1.1	6:16	0.0	7:07	6:48	
5	Fri	12:53	5.4	12:35	6.4	6:15	1.5	7:01	-0.4	7:08	6:47	
6	Sat	1:50	5.2	1:11	6.6	6:54	2.0	7:50	-0.7	7:09	6:45	
7	Sun	2:50	4.9	1:52	6.6	7:37	2.5	8:43	-0.7	7:10	6:44	
8	Mon	3:57	4.7	2:40	6.5	8:26	2.9	9:43	-0.6	7:11	6:42	
9	Tue	5:10	4.6	3:37	6.2	9:27	3.2	10:51	-0.3	7:12	6:41	
10	Wed	6:29	4.6	4:45	5.9	10:49	3.4			7:13	6:39	
11	Thu	7:39	4.7	6:03	5.5	12:05	-0.1	12:25	3.2	7:14	6:38	
12	Fri	8:36	5.0	7:22	5.3	1:16	0.0	1:46	2.8	7:15	6:36	
13	Sat	9:21	5.2	8:35	5.2	2:17	0.1	2:51	2.2	7:16	6:35	
14	Sun	9:59	5.5	9:40	5.2	3:07	0.3	3:44	1.6	7:17	6:34	
15	Mon	10:33	5.7	10:38	5.1	3:50	0.6	4:30	1.0	7:18	6:32	
16	Tue	11:03	5.8	11:31	5.0	4:28	1.0	5:12	0.6	7:19	6:31	
17	Wed	11:30	5.9			5:03	1.4	5:50	0.3	7:20	6:29	
18	Thu	12:21	4.9	11:56 AM	6.0	5:37	1.8	6:25	0.0	7:21	6:28	
19	Fri	1:09	4.8	12:21	5.9	6:10	2.3	7:00	-0.1	7:22	6:27	
20	Sat	1:56	4.7	12:48	5.9	6:44	2.7	7:35	-0.1	7:23	6:25	
21	Sun	2:44	4.6	1:16	5.8	7:18	3.0	8:12	0.0	7:24	6:24	
22	Mon	3:34	4.4	1:50	5.6	7:55	3.3	8:53	0.1	7:25	6:23	
23	Tue	4:29	4.3	2:29	5.4	8:37	3.5	9:41	0.3	7:25	6:21	
24	Wed	5:32	4.2	3:17	5.2	9:33	3.6	10:35	0.4	7:27	6:20	
25	Thu	6:36	4.2	4:15	4.9	10:55	3.6	11:35	0.5	7:28	6:19	
26	Fri	7:30	4.4	5:25	4.7			12:25	3.4	7:29	6:18	
27	Sat	8:10	4.6	6:40	4.6	12:35	0.6	1:33	3.0	7:30	6:17	
28	Sun	7:42	4.8	6:53	4.6	1:29	0.6	1:26	2.4	6:31	5:15	
29	Mon	8:12	5.2	8:00	4.7	1:16	0.7	2:10	1.7	6:32	5:14	
30	Tue	8:41	5.6	9:03	4.8	1:59	0.9	2:52	1.0	6:33	5:13	
31	Wed	9:10	6.0	10:03	4.9	2:40	1.2	3:33	0.2	6:34	5:12	