

































## Alcatraz Island, CA - Oct 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:05	5.0	2:42	5.7	8:25	2.0	9:13	0.4	7:05	6:52	
2	Mon	4:05	4.6	3:20	5.5	9:11	2.5	10:05	0.6	7:06	6:50	
3	Tue	5:15	4.4	4:03	5.3	10:08	3.0	11:05	0.7	7:07	6:49	
4	Wed	6:35	4.3	4:57	5.1	11:23	3.3			7:08	6:47	
5	Thu	7:53	4.4	6:01	4.9	12:11	0.8	12:47	3.3	7:09	6:46	
6	Fri	8:52	4.6	7:10	4.9	1:17	0.8	1:56	3.1	7:10	6:44	
7	Sat	9:35	4.7	8:14	4.9	2:15	0.7	2:50	2.8	7:11	6:43	
8	Sun	10:08	4.9	9:10	5.1	3:03	0.6	3:34	2.4	7:12	6:41	
9	Mon	10:36	5.1	9:59	5.2	3:44	0.6	4:12	2.0	7:13	6:40	
10	Tue	11:03	5.2	10:46	5.3	4:20	0.6	4:47	1.6	7:14	6:38	
11	Wed	11:29	5.4	11:31	5.3	4:53	0.6	5:20	1.2	7:14	6:37	
12	Thu	11:56	5.6			5:25	0.8	5:54	0.8	7:15	6:36	
13	Fri	12:16	5.3	12:24	5.8	5:58	1.1	6:31	0.4	7:16	6:34	
14	Sat	1:04	5.2	12:55	6.0	6:33	1.4	7:10	0.1	7:17	6:33	
15	Sun	1:54	5.1	1:28	6.1	7:09	1.8	7:53	-0.1	7:18	6:31	
16	Mon	2:49	4.9	2:05	6.1	7:50	2.2	8:42	-0.3	7:19	6:30	
17	Tue	3:50	4.7	2:49	6.0	8:37	2.6	9:37	-0.3	7:20	6:29	
18	Wed	5:00	4.6	3:41	5.8	9:35	3.0	10:40	-0.2	7:21	6:27	
19	Thu	6:16	4.6	4:46	5.6	10:51	3.2	11:51	-0.1	7:22	6:26	
20	Fri	7:28	4.8	6:01	5.4			12:21	3.1	7:23	6:25	
21	Sat	8:28	5.0	7:20	5.3	1:03	0.0	1:42	2.7	7:24	6:23	
22	Sun	9:16	5.3	8:34	5.4	2:07	0.0	2:47	2.1	7:25	6:22	
23	Mon	9:58	5.6	9:40	5.4	3:01	0.1	3:41	1.5	7:26	6:21	
24	Tue	10:36	5.9	10:39	5.4	3:50	0.3	4:30	0.9	7:27	6:20	
25	Wed	11:11	6.1	11:35	5.4	4:33	0.6	5:15	0.4	7:28	6:18	
26	Thu	11:45	6.2			5:14	0.9	5:57	0.1	7:29	6:17	
27	Fri	12:28	5.3	12:17	6.2	5:53	1.4	6:38	-0.2	7:30	6:16	
28	Sat	1:19	5.1	12:49	6.1	6:32	1.8	7:19	-0.3	7:31	6:15	
29	Sun	1:10	5.0	12:20	6.0	6:12	2.3	6:59	-0.2	6:32	5:14	
30	Mon	2:03	4.8	12:53	5.8	6:54	2.7	7:40	-0.1	6:33	5:12	
31	Tue	2:58	4.6	1:29	5.5	7:40	3.1	8:25	0.1	6:34	5:11	