

































Alcatraz Island, CA - Oct 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:26	4.5	4:11	6.1	9:55	3.1	11:22	-0.1	7:05	6:53	
2	Thu	6:56	4.5	5:17	5.9	11:17	3.4			7:06	6:51	
3	Fri	8:16	4.7	6:33	5.7	12:39	-0.1	12:53	3.4	7:06	6:50	
4	Sat	9:15	5.0	7:49	5.6	1:51	-0.1	2:12	3.0	7:07	6:48	
5	Sun	10:01	5.2	8:57	5.6	2:51	-0.1	3:14	2.6	7:08	6:47	
6	Mon	10:39	5.4	9:56	5.6	3:42	0.0	4:05	2.1	7:09	6:45	
7	Tue	11:13	5.5	10:48	5.5	4:24	0.1	4:49	1.6	7:10	6:44	
8	Wed	11:42	5.6	11:37	5.4	5:01	0.4	5:29	1.2	7:11	6:42	
9	Thu			12:08	5.6	5:34	0.7	6:06	0.9	7:12	6:41	
10	Fri	12:22	5.2	12:32	5.6	6:06	1.1	6:41	0.7	7:13	6:40	
11	Sat	1:07	5.0	12:55	5.7	6:36	1.6	7:15	0.5	7:14	6:38	
12	Sun	1:53	4.8	1:18	5.7	7:07	2.1	7:50	0.4	7:15	6:37	
13	Mon	2:40	4.6	1:43	5.6	7:38	2.5	8:26	0.4	7:16	6:35	
14	Tue	3:33	4.4	2:12	5.5	8:12	3.0	9:08	0.4	7:17	6:34	
15	Wed	4:34	4.2	2:48	5.4	8:51	3.3	9:56	0.5	7:18	6:32	
16	Thu	5:49	4.1	3:34	5.2	9:45	3.6	10:55	0.6	7:18	6:31	
17	Fri	7:11	4.2	4:34	5.0	11:12	3.8			7:19	6:30	
18	Sat	8:14	4.4	5:46	4.9	12:03	0.6	12:48	3.6	7:20	6:28	
19	Sun	8:56	4.6	7:01	4.9	1:09	0.5	1:55	3.3	7:21	6:27	
20	Mon	9:29	4.8	8:10	5.0	2:06	0.4	2:45	2.8	7:22	6:26	
21	Tue	9:58	5.1	9:13	5.2	2:54	0.2	3:28	2.2	7:23	6:24	
22	Wed	10:26	5.4	10:11	5.3	3:36	0.2	4:09	1.4	7:24	6:23	
23	Thu	10:55	5.7	11:08	5.4	4:16	0.4	4:51	0.7	7:25	6:22	
24	Fri	11:26	6.1			4:54	0.7	5:35	0.0	7:26	6:20	
25	Sat	12:05	5.4	11:58 AM	6.4	5:34	1.2	6:20	-0.6	7:27	6:19	
26	Sun	1:02	5.3	11:33 AM	6.7	5:14	1.7	6:08	-1.0	6:28	5:18	
27	Mon	1:02	5.2	12:12	6.7	5:57	2.2	6:58	-1.1	6:29	5:17	
28	Tue	2:05	5.0	12:56	6.6	6:45	2.7	7:53	-1.1	6:30	5:16	
29	Wed	3:13	4.8	1:46	6.4	7:40	3.1	8:53	-0.8	6:31	5:14	
30	Thu	4:27	4.8	2:45	6.0	8:51	3.4	9:59	-0.5	6:32	5:13	
31	Fri	5:41	4.8	3:55	5.5	10:22	3.4	11:10	-0.2	6:34	5:12	