

































## Alcatraz Island, CA - Oct 2006

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:03	4.4	6:57	5.5	1:10	0.3	1:20	3.5	7:05	6:53	
2	Mon	9:40	4.7	8:10	5.6	2:13	0.0	2:27	3.0	7:06	6:51	
3	Tue	10:12	5.0	9:15	5.8	3:05	-0.2	3:21	2.4	7:07	6:50	
4	Wed	10:43	5.3	10:17	5.9	3:51	-0.2	4:11	1.6	7:08	6:48	
5	Thu	11:14	5.7	11:15	5.9	4:33	-0.1	4:59	0.9	7:09	6:47	
6	Fri	11:45	6.1			5:13	0.3	5:47	0.2	7:09	6:45	
7	Sat	12:14	5.8	12:19	6.4	5:53	0.8	6:35	-0.4	7:10	6:44	
8	Sun	1:13	5.5	12:54	6.6	6:34	1.4	7:24	-0.7	7:11	6:42	
9	Mon	2:13	5.2	1:32	6.7	7:16	2.0	8:16	-0.8	7:12	6:41	
10	Tue	3:18	5.0	2:13	6.5	8:02	2.6	9:10	-0.6	7:13	6:39	
11	Wed	4:28	4.7	3:00	6.2	8:56	3.1	10:11	-0.3	7:14	6:38	
12	Thu	5:47	4.6	3:55	5.8	10:06	3.5	11:20	0.0	7:15	6:36	
13	Fri	7:06	4.6	5:01	5.4	11:36	3.6			7:16	6:35	
14	Sat	8:13	4.8	6:17	5.1	12:32	0.2	1:04	3.3	7:17	6:33	
15	Sun	9:03	4.9	7:33	4.9	1:39	0.3	2:13	2.9	7:18	6:32	
16	Mon	9:42	5.1	8:39	4.9	2:34	0.4	3:07	2.4	7:19	6:31	
17	Tue	10:14	5.2	9:37	4.9	3:19	0.5	3:52	2.0	7:20	6:29	
18	Wed	10:40	5.3	10:27	4.9	3:56	0.7	4:30	1.5	7:21	6:28	
19	Thu	11:02	5.4	11:14	4.8	4:28	1.0	5:06	1.1	7:22	6:27	
20	Fri	11:23	5.6	11:59	4.7	4:57	1.4	5:38	0.7	7:23	6:25	
21	Sat	11:44	5.7			5:24	1.7	6:10	0.4	7:24	6:24	
22	Sun	12:43	4.7	12:06	5.8	5:52	2.1	6:41	0.1	7:25	6:23	
23	Mon	1:29	4.6	12:31	5.9	6:20	2.5	7:14	0.0	7:26	6:21	
24	Tue	2:16	4.5	12:58	5.9	6:50	2.9	7:50	-0.2	7:27	6:20	
25	Wed	3:07	4.4	1:30	5.8	7:23	3.2	8:32	-0.2	7:28	6:19	
26	Thu	4:06	4.3	2:09	5.7	8:02	3.5	9:21	-0.1	7:29	6:18	
27	Fri	5:13	4.2	2:56	5.6	8:51	3.7	10:18	-0.1	7:30	6:16	
28	Sat	6:24	4.3	3:58	5.3	10:06	3.8	11:24	0.0	7:31	6:15	
29	Sun	6:24	4.5	4:13	5.1	10:46	3.6	11:30	0.0	6:32	5:14	
30	Mon	7:10	4.7	5:36	5.0			12:13	3.1	6:33	5:13	
31	Tue	7:48	5.0	6:56	5.0	12:30	0.0	1:18	2.4	6:34	5:12	