



Alcatraz Island, CA - Oct 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:49	4.9	1:18	5.9	7:02	2.0	7:50	0.2	7:05	6:52	☀
2	Thu	2:40	4.7	1:46	5.8	7:37	2.5	8:31	0.2	7:06	6:50	☀
3	Fri	3:35	4.4	2:17	5.7	8:13	3.0	9:15	0.4	7:07	6:49	☀
4	Sat	4:38	4.2	2:55	5.5	8:55	3.3	10:06	0.5	7:08	6:47	☀
5	Sun	5:54	4.1	3:42	5.2	9:52	3.6	11:08	0.7	7:09	6:46	☀
6	Mon	7:18	4.2	4:43	5.0	11:21	3.7			7:10	6:44	☀
7	Tue	8:20	4.3	5:54	4.9	12:16	0.7	12:52	3.6	7:11	6:43	☀
8	Wed	9:01	4.5	7:06	4.9	1:21	0.7	1:58	3.2	7:12	6:41	☀
9	Thu	9:30	4.7	8:12	4.9	2:14	0.6	2:47	2.8	7:13	6:40	☀
10	Fri	9:56	4.9	9:11	5.0	2:57	0.5	3:29	2.2	7:14	6:38	☀
11	Sat	10:21	5.2	10:05	5.1	3:35	0.5	4:07	1.6	7:14	6:37	☀
12	Sun	10:46	5.5	10:58	5.2	4:10	0.7	4:45	1.0	7:15	6:36	☀
13	Mon	11:13	5.9	11:52	5.2	4:45	1.0	5:23	0.4	7:16	6:34	☀
14	Tue	11:42	6.2			5:20	1.4	6:04	-0.2	7:17	6:33	☀
15	Wed	12:46	5.2	12:14	6.4	5:57	1.8	6:47	-0.6	7:18	6:31	☀
16	Thu	1:42	5.1	12:49	6.6	6:36	2.3	7:34	-0.9	7:19	6:30	☀
17	Fri	2:41	4.9	1:30	6.6	7:19	2.7	8:26	-0.9	7:20	6:29	☀
18	Sat	3:46	4.7	2:18	6.5	8:08	3.0	9:23	-0.8	7:21	6:27	☀
19	Sun	4:56	4.6	3:14	6.2	9:08	3.3	10:28	-0.5	7:22	6:26	☀
20	Mon	6:09	4.6	4:21	5.8	10:28	3.4	11:39	-0.3	7:23	6:25	☀
21	Tue	7:17	4.7	5:38	5.5			12:04	3.2	7:24	6:23	☀
22	Wed	8:13	5.0	6:59	5.2	12:49	-0.1	1:29	2.8	7:25	6:22	☀
23	Thu	8:58	5.3	8:17	5.0	1:51	0.1	2:36	2.1	7:26	6:21	☀
24	Fri	9:37	5.6	9:26	5.0	2:43	0.4	3:31	1.4	7:27	6:19	☀
25	Sat	10:11	5.8	10:28	4.9	3:28	0.7	4:19	0.8	7:28	6:18	☀
26	Sun	10:42	6.0	11:24	4.9	4:08	1.1	5:01	0.4	7:29	6:17	☀
27	Mon	11:11	6.1			4:45	1.6	5:40	0.0	7:30	6:16	☀
28	Tue	12:17	4.8	11:38 AM	6.1	5:21	2.0	6:16	-0.2	7:31	6:15	☀
29	Wed	1:07	4.8	12:04	6.1	5:56	2.5	6:51	-0.3	7:32	6:13	☀
30	Thu	1:55	4.7	12:32	6.0	6:32	2.9	7:26	-0.3	7:33	6:12	☀
31	Fri	2:43	4.6	1:02	5.8	7:08	3.2	8:03	-0.2	7:34	6:11	☀