

































Alcatraz Island, CA - Oct 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:02	5.2	10:51	5.2	4:24	0.7	4:49	1.5	7:05	6:52	
2	Fri	11:24	5.4	11:36	5.2	4:54	0.9	5:23	1.1	7:06	6:51	
3	Sat	11:48	5.6			5:23	1.2	5:56	0.7	7:07	6:49	
4	Sun	12:21	5.1	12:14	5.9	5:52	1.5	6:31	0.3	7:08	6:48	
5	Mon	1:09	5.0	12:42	6.0	6:24	1.9	7:09	0.0	7:09	6:46	
6	Tue	1:59	4.8	1:13	6.1	6:57	2.3	7:51	-0.2	7:10	6:45	
7	Wed	2:54	4.7	1:49	6.2	7:35	2.7	8:38	-0.3	7:11	6:43	
8	Thu	3:56	4.5	2:32	6.1	8:18	3.0	9:33	-0.2	7:11	6:42	
9	Fri	5:07	4.3	3:25	5.9	9:12	3.3	10:37	-0.1	7:12	6:40	
10	Sat	6:24	4.3	4:30	5.7	10:28	3.5	11:48	0.0	7:13	6:39	
11	Sun	7:33	4.5	5:47	5.5			12:04	3.3	7:14	6:37	
12	Mon	8:27	4.8	7:08	5.4	12:59	0.0	1:29	2.9	7:15	6:36	
13	Tue	9:10	5.1	8:24	5.4	2:01	0.0	2:36	2.2	7:16	6:34	
14	Wed	9:48	5.5	9:32	5.4	2:54	0.2	3:32	1.5	7:17	6:33	
15	Thu	10:23	5.9	10:35	5.4	3:40	0.4	4:22	0.8	7:18	6:32	
16	Fri	10:57	6.1	11:33	5.3	4:22	0.8	5:08	0.2	7:19	6:30	
17	Sat	11:30	6.3			5:03	1.2	5:52	-0.3	7:20	6:29	
18	Sun	12:29	5.2	12:03	6.4	5:42	1.7	6:35	-0.5	7:21	6:28	
19	Mon	1:24	5.1	12:36	6.4	6:22	2.2	7:17	-0.6	7:22	6:26	
20	Tue	2:18	4.9	1:10	6.2	7:04	2.6	8:00	-0.5	7:23	6:25	
21	Wed	3:13	4.7	1:46	6.0	7:47	3.0	8:45	-0.3	7:24	6:24	
22	Thu	4:11	4.6	2:26	5.7	8:36	3.3	9:33	0.0	7:25	6:22	
23	Fri	5:14	4.5	3:12	5.3	9:36	3.5	10:28	0.3	7:26	6:21	
24	Sat	6:21	4.4	4:08	5.0	10:54	3.5	11:28	0.5	7:27	6:20	
25	Sun	7:21	4.5	5:14	4.7			12:18	3.4	7:28	6:18	
26	Mon	8:07	4.6	6:28	4.5	12:30	0.7	1:28	3.0	7:29	6:17	
27	Tue	8:42	4.8	7:40	4.4	1:25	0.8	2:24	2.5	7:30	6:16	
28	Wed	9:10	5.0	8:46	4.4	2:12	0.9	3:09	2.0	7:31	6:15	
29	Thu	9:36	5.2	9:45	4.5	2:53	1.1	3:49	1.4	7:32	6:14	
30	Fri	10:02	5.5	10:39	4.6	3:29	1.3	4:24	0.9	7:33	6:13	
31	Sat	10:28	5.8	11:31	4.7	4:04	1.6	4:59	0.3	7:34	6:11	