
































Alcatraz Island, CA - Sep 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:01	3.8	5:25	5.7	10:52	3.3			6:39	7:39	
2	Thu	8:30	4.0	6:31	5.8	12:48	0.7	12:17	3.4	6:40	7:37	
3	Fri	9:29	4.3	7:40	6.0	1:57	0.4	1:39	3.3	6:41	7:36	
4	Sat	10:11	4.6	8:45	6.2	2:55	0.0	2:45	2.9	6:42	7:34	
5	Sun	10:48	4.9	9:45	6.4	3:44	-0.3	3:41	2.4	6:43	7:33	
6	Mon	11:22	5.3	10:43	6.5	4:29	-0.5	4:33	1.8	6:44	7:31	
7	Tue	11:56	5.6	11:39	6.4	5:11	-0.4	5:23	1.2	6:44	7:30	
8	Wed			12:31	6.0	5:52	-0.1	6:14	0.7	6:45	7:28	
9	Thu	12:35	6.2	1:07	6.3	6:33	0.3	7:05	0.3	6:46	7:27	
10	Fri	1:32	5.8	1:44	6.5	7:14	0.9	7:57	0.0	6:47	7:25	
11	Sat	2:31	5.4	2:24	6.5	7:56	1.5	8:52	0.0	6:48	7:24	
12	Sun	3:35	5.0	3:07	6.4	8:42	2.1	9:52	0.1	6:49	7:22	
13	Mon	4:47	4.6	3:57	6.2	9:36	2.7	10:58	0.2	6:49	7:20	
14	Tue	6:10	4.4	4:54	5.9	10:44	3.1			6:50	7:19	
15	Wed	7:36	4.4	6:00	5.6	12:11	0.4	12:10	3.3	6:51	7:17	
16	Thu	8:47	4.6	7:11	5.5	1:23	0.4	1:32	3.2	6:52	7:16	
17	Fri	9:39	4.8	8:17	5.4	2:26	0.4	2:37	2.9	6:53	7:14	
18	Sat	10:19	4.9	9:15	5.4	3:17	0.4	3:29	2.5	6:54	7:13	
19	Sun	10:51	5.0	10:05	5.4	3:59	0.4	4:13	2.2	6:55	7:11	
20	Mon	11:19	5.1	10:50	5.4	4:35	0.5	4:51	1.8	6:55	7:10	
21	Tue	11:42	5.2	11:32	5.3	5:06	0.7	5:26	1.5	6:56	7:08	
22	Wed			12:04	5.4	5:34	0.9	5:59	1.2	6:57	7:06	
23	Thu	12:13	5.2	12:26	5.5	6:02	1.2	6:31	1.0	6:58	7:05	
24	Fri	12:54	5.0	12:50	5.6	6:29	1.6	7:04	0.7	6:59	7:03	
25	Sat	1:37	4.8	1:15	5.7	6:57	1.9	7:38	0.6	7:00	7:02	
26	Sun	2:22	4.6	1:44	5.8	7:27	2.3	8:17	0.5	7:01	7:00	
27	Mon	3:13	4.4	2:17	5.8	8:01	2.7	9:01	0.4	7:01	6:59	
28	Tue	4:13	4.2	2:57	5.7	8:40	3.0	9:54	0.4	7:02	6:57	
29	Wed	5:26	4.1	3:48	5.6	9:31	3.3	10:58	0.4	7:03	6:56	
30	Thu	6:46	4.1	4:51	5.5	10:45	3.5			7:04	6:54	