

































Alcatraz Island, CA - Oct 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:55	4.3	6:06	5.5	12:09	0.3	12:18	3.4	7:05	6:53	
2	Sat	8:46	4.6	7:22	5.5	1:17	0.2	1:37	3.0	7:06	6:51	
3	Sun	9:26	4.9	8:34	5.6	2:17	0.1	2:40	2.3	7:07	6:49	
4	Mon	10:02	5.3	9:39	5.7	3:08	0.1	3:35	1.6	7:08	6:48	
5	Tue	10:37	5.7	10:41	5.7	3:53	0.2	4:25	0.9	7:09	6:46	
6	Wed	11:11	6.1	11:40	5.7	4:37	0.5	5:14	0.2	7:09	6:45	
7	Thu	11:47	6.4			5:18	0.9	6:02	-0.4	7:10	6:43	
8	Fri	12:37	5.6	12:23	6.6	6:01	1.3	6:50	-0.7	7:11	6:42	
9	Sat	1:35	5.4	1:02	6.7	6:44	1.8	7:38	-0.8	7:12	6:41	
10	Sun	2:34	5.1	1:43	6.6	7:29	2.3	8:29	-0.7	7:13	6:39	
11	Mon	3:36	4.9	2:28	6.3	8:20	2.8	9:23	-0.4	7:14	6:38	
12	Tue	4:42	4.7	3:18	5.9	9:19	3.1	10:23	-0.1	7:15	6:36	
13	Wed	5:54	4.6	4:15	5.5	10:34	3.3	11:28	0.2	7:16	6:35	
14	Thu	7:05	4.6	5:22	5.1			12:00	3.2	7:17	6:33	
15	Fri	8:05	4.7	6:35	4.8	12:35	0.5	1:18	3.0	7:18	6:32	
16	Sat	8:52	4.9	7:47	4.7	1:36	0.6	2:20	2.6	7:19	6:31	
17	Sun	9:28	5.0	8:51	4.7	2:27	0.8	3:11	2.1	7:20	6:29	
18	Mon	9:57	5.2	9:48	4.7	3:10	0.9	3:53	1.6	7:21	6:28	
19	Tue	10:22	5.3	10:38	4.7	3:47	1.1	4:31	1.2	7:22	6:27	
20	Wed	10:46	5.5	11:25	4.7	4:20	1.4	5:05	0.8	7:23	6:25	
21	Thu	11:10	5.7			4:51	1.7	5:37	0.4	7:24	6:24	
22	Fri	12:10	4.7	11:35 AM	5.8	5:22	2.0	6:09	0.1	7:25	6:23	
23	Sat	12:55	4.7	12:02	6.0	5:53	2.3	6:42	-0.1	7:26	6:21	
24	Sun	1:40	4.7	12:32	6.0	6:25	2.6	7:17	-0.2	7:27	6:20	
25	Mon	2:27	4.6	1:06	6.0	7:00	2.9	7:57	-0.3	7:28	6:19	
26	Tue	3:18	4.5	1:44	5.9	7:39	3.1	8:41	-0.3	7:29	6:18	
27	Wed	4:14	4.4	2:29	5.8	8:26	3.3	9:32	-0.3	7:30	6:16	
28	Thu	5:15	4.4	3:22	5.6	9:26	3.4	10:30	-0.1	7:31	6:15	
29	Fri	6:16	4.5	4:28	5.3	10:46	3.3	11:33	0.0	7:32	6:14	
30	Sat	7:11	4.7	5:46	5.0			12:15	3.0	7:33	6:13	
31	Sun	7:57	5.0	7:08	4.9	12:36	0.2	1:31	2.4	7:34	6:12	