








Alcatraz Island, CA - Oct 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:49	4.9	2:58	6.5	8:40	2.5	9:49	-0.4	7:05	6:53	
2	Sun	5:01	4.7	3:54	6.1	9:43	2.9	10:56	-0.1	7:06	6:51	
3	Mon	6:18	4.6	4:59	5.8	11:03	3.1			7:07	6:50	
4	Tue	7:31	4.7	6:12	5.5	12:08	0.1	12:32	3.0	7:07	6:48	
5	Wed	8:32	4.9	7:27	5.3	1:18	0.3	1:49	2.7	7:08	6:47	
6	Thu	9:21	5.1	8:36	5.2	2:18	0.4	2:51	2.2	7:09	6:45	
7	Fri	10:00	5.3	9:36	5.2	3:08	0.5	3:42	1.8	7:10	6:44	
8	Sat	10:33	5.4	10:29	5.1	3:50	0.7	4:25	1.4	7:11	6:42	
9	Sun	11:01	5.5	11:17	5.1	4:27	1.0	5:04	1.0	7:12	6:41	
10	Mon	11:27	5.6			5:00	1.3	5:39	0.7	7:13	6:39	
11	Tue	12:02	5.0	11:50 AM	5.7	5:31	1.6	6:11	0.5	7:14	6:38	
12	Wed	12:45	4.9	12:15	5.7	6:02	1.9	6:43	0.3	7:15	6:37	
13	Thu	1:27	4.8	12:40	5.8	6:32	2.3	7:15	0.2	7:16	6:35	
14	Fri	2:10	4.6	1:09	5.8	7:04	2.6	7:50	0.2	7:17	6:34	
15	Sat	2:56	4.5	1:41	5.7	7:37	2.8	8:28	0.2	7:18	6:32	
16	Sun	3:46	4.4	2:18	5.6	8:15	3.1	9:12	0.3	7:19	6:31	
17	Mon	4:43	4.3	3:02	5.4	9:01	3.3	10:03	0.3	7:20	6:30	
18	Tue	5:47	4.2	3:56	5.2	10:04	3.4	11:02	0.4	7:20	6:28	
19	Wed	6:49	4.3	5:01	5.0	11:28	3.3			7:21	6:27	
20	Thu	7:42	4.6	6:17	4.9	12:06	0.4	12:50	3.0	7:22	6:25	
21	Fri	8:25	4.9	7:33	4.9	1:07	0.5	1:55	2.5	7:23	6:24	
22	Sat	9:02	5.2	8:45	5.0	2:01	0.5	2:49	1.7	7:24	6:23	
23	Sun	9:37	5.6	9:51	5.1	2:51	0.6	3:39	0.9	7:25	6:22	
24	Mon	10:12	6.1	10:53	5.3	3:37	0.9	4:26	0.2	7:26	6:20	
25	Tue	10:49	6.5	11:52	5.3	4:21	1.2	5:13	-0.5	7:27	6:19	
26	Wed	11:27	6.8			5:05	1.6	6:00	-1.0	7:28	6:18	
27	Thu	12:50	5.3	12:08	6.9	5:51	1.9	6:49	-1.3	7:29	6:17	
28	Fri	1:48	5.3	12:52	6.9	6:38	2.3	7:39	-1.3	7:30	6:15	
29	Sat	2:46	5.1	1:39	6.7	7:29	2.6	8:31	-1.1	7:31	6:14	
30	Sun	3:46	5.0	2:30	6.4	8:27	2.9	9:26	-0.8	7:33	6:13	
31	Mon	4:48	4.9	3:27	5.9	9:35	3.0	10:26	-0.4	7:34	6:12	