

































Alcatraz Island, CA - Oct 2013

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:30	5.1	10:11	5.2	3:47	0.8	4:13	1.7	7:05	6:52	
2	Wed	10:58	5.3	10:57	5.3	4:22	0.8	4:49	1.3	7:06	6:51	
3	Thu	11:26	5.6	11:43	5.3	4:55	1.0	5:24	0.9	7:07	6:49	
4	Fri	11:55	5.8			5:27	1.1	6:00	0.5	7:08	6:48	
5	Sat	12:30	5.3	12:26	6.0	6:01	1.4	6:39	0.1	7:09	6:46	
6	Sun	1:18	5.2	12:59	6.1	6:37	1.7	7:21	-0.1	7:10	6:45	
7	Mon	2:09	5.1	1:36	6.2	7:16	2.0	8:06	-0.3	7:11	6:43	
8	Tue	3:04	4.9	2:18	6.2	8:00	2.4	8:57	-0.3	7:12	6:42	
9	Wed	4:05	4.7	3:08	6.0	8:51	2.7	9:55	-0.2	7:12	6:40	
10	Thu	5:13	4.6	4:06	5.8	9:54	2.9	11:00	0.0	7:13	6:39	
11	Fri	6:25	4.6	5:16	5.6	11:16	3.0			7:14	6:37	
12	Sat	7:32	4.8	6:33	5.4	12:10	0.1	12:45	2.7	7:15	6:36	
13	Sun	8:28	5.1	7:49	5.3	1:18	0.2	2:00	2.2	7:16	6:34	
14	Mon	9:15	5.4	9:00	5.3	2:18	0.3	3:01	1.7	7:17	6:33	
15	Tue	9:57	5.7	10:03	5.4	3:10	0.4	3:54	1.1	7:18	6:32	
16	Wed	10:35	6.0	11:01	5.4	3:57	0.7	4:41	0.5	7:19	6:30	
17	Thu	11:10	6.2	11:55	5.3	4:40	1.0	5:25	0.1	7:20	6:29	
18	Fri	11:45	6.2			5:21	1.3	6:07	-0.1	7:21	6:27	
19	Sat	12:46	5.2	12:18	6.2	6:01	1.7	6:47	-0.2	7:22	6:26	
20	Sun	1:36	5.1	12:51	6.1	6:41	2.1	7:26	-0.2	7:23	6:25	
21	Mon	2:25	4.9	1:25	5.9	7:22	2.4	8:06	-0.1	7:24	6:24	
22	Tue	3:14	4.8	2:00	5.7	8:05	2.7	8:48	0.0	7:25	6:22	
23	Wed	4:07	4.6	2:39	5.4	8:53	3.0	9:34	0.3	7:26	6:21	
24	Thu	5:03	4.5	3:25	5.1	9:51	3.2	10:25	0.5	7:27	6:20	
25	Fri	6:02	4.4	4:20	4.8	11:03	3.2	11:22	0.7	7:28	6:18	
26	Sat	7:00	4.5	5:25	4.6			12:21	3.1	7:29	6:17	
27	Sun	7:48	4.6	6:37	4.4	12:22	0.9	1:28	2.7	7:30	6:16	
28	Mon	8:28	4.9	7:48	4.4	1:19	1.0	2:23	2.3	7:31	6:15	
29	Tue	9:02	5.1	8:53	4.5	2:08	1.1	3:08	1.8	7:32	6:14	
30	Wed	9:34	5.4	9:51	4.6	2:52	1.2	3:47	1.2	7:33	6:13	
31	Thu	10:05	5.7	10:44	4.8	3:31	1.4	4:25	0.7	7:34	6:11	