

































Alcatraz Island, CA - Oct 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	2:20	5.5	2:15	6.3	7:50	1.3	8:37	-0.1	7:05	6:53	
2	Wed	3:22	5.2	2:57	6.2	8:38	2.0	9:34	0.0	7:06	6:51	
3	Thu	4:30	4.8	3:44	5.9	9:32	2.5	10:35	0.1	7:07	6:50	
4	Fri	5:48	4.6	4:38	5.6	10:41	3.0	11:44	0.3	7:07	6:48	
5	Sat	7:11	4.6	5:42	5.3			12:05	3.2	7:08	6:47	
6	Sun	8:24	4.8	6:52	5.1	12:54	0.4	1:26	3.1	7:09	6:45	
7	Mon	9:18	4.9	8:00	5.1	1:58	0.5	2:31	2.8	7:10	6:44	
8	Tue	10:01	5.1	9:01	5.1	2:53	0.5	3:23	2.5	7:11	6:42	
9	Wed	10:35	5.2	9:53	5.2	3:38	0.5	4:06	2.1	7:12	6:41	
10	Thu	11:04	5.2	10:39	5.2	4:17	0.6	4:44	1.7	7:13	6:39	
11	Fri	11:29	5.3	11:21	5.2	4:50	0.7	5:18	1.4	7:14	6:38	
12	Sat	11:52	5.4			5:21	0.9	5:50	1.1	7:15	6:36	
13	Sun	12:03	5.1	12:16	5.5	5:50	1.2	6:21	0.8	7:16	6:35	
14	Mon	12:44	5.0	12:40	5.6	6:19	1.5	6:53	0.6	7:17	6:34	
15	Tue	1:27	4.9	1:06	5.7	6:49	1.8	7:27	0.4	7:18	6:32	
16	Wed	2:12	4.7	1:35	5.7	7:21	2.2	8:04	0.3	7:19	6:31	
17	Thu	3:02	4.6	2:07	5.7	7:56	2.5	8:47	0.2	7:20	6:29	
18	Fri	3:59	4.4	2:46	5.6	8:37	2.9	9:37	0.2	7:21	6:28	
19	Sat	5:07	4.3	3:33	5.5	9:30	3.2	10:36	0.2	7:22	6:27	
20	Sun	6:22	4.4	4:34	5.3	10:43	3.4	11:43	0.2	7:22	6:25	
21	Mon	7:32	4.5	5:48	5.2			12:12	3.3	7:23	6:24	
22	Tue	8:27	4.8	7:06	5.2	12:53	0.1	1:32	2.9	7:24	6:23	
23	Wed	9:12	5.1	8:21	5.3	1:56	0.0	2:35	2.3	7:25	6:22	
24	Thu	9:51	5.5	9:28	5.5	2:51	0.0	3:29	1.6	7:26	6:20	
25	Fri	10:28	5.8	10:30	5.6	3:40	0.1	4:19	0.9	7:27	6:19	
26	Sat	11:04	6.1	11:30	5.6	4:26	0.4	5:06	0.2	7:28	6:18	
27	Sun	11:40	6.4			5:10	0.7	5:53	-0.3	7:29	6:17	
28	Mon	12:27	5.5	12:17	6.5	5:53	1.2	6:40	-0.7	7:31	6:15	
29	Tue	1:24	5.4	12:55	6.6	6:37	1.7	7:28	-0.8	7:32	6:14	
30	Wed	2:22	5.2	1:34	6.4	7:23	2.2	8:16	-0.8	7:33	6:13	
31	Thu	3:22	5.0	2:16	6.1	8:12	2.7	9:06	-0.6	7:34	6:12	