

































Alcatraz Island, CA - Oct 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:45	5.5	1:34	6.4	7:12	1.3	8:01	-0.2	7:05	6:53	
2	Mon	2:45	5.1	2:11	6.3	7:54	2.0	8:52	-0.2	7:06	6:51	
3	Tue	3:51	4.8	2:50	6.1	8:40	2.6	9:47	-0.1	7:07	6:50	
4	Wed	5:06	4.5	3:35	5.8	9:35	3.2	10:50	0.2	7:08	6:48	
5	Thu	6:31	4.5	4:29	5.5	10:51	3.5			7:08	6:47	
6	Fri	7:53	4.6	5:36	5.2	12:00	0.4	12:23	3.6	7:09	6:45	
7	Sat	8:54	4.7	6:51	5.0	1:11	0.5	1:41	3.4	7:10	6:44	
8	Sun	9:38	4.9	8:00	5.0	2:14	0.5	2:41	3.0	7:11	6:42	
9	Mon	10:12	5.0	9:00	5.0	3:04	0.5	3:28	2.6	7:12	6:41	
10	Tue	10:40	5.1	9:51	5.1	3:45	0.5	4:08	2.1	7:13	6:39	
11	Wed	11:04	5.2	10:38	5.1	4:19	0.6	4:45	1.7	7:14	6:38	
12	Thu	11:25	5.3	11:22	5.0	4:49	0.8	5:18	1.3	7:15	6:36	
13	Fri	11:46	5.5			5:17	1.1	5:50	0.9	7:16	6:35	
14	Sat	12:05	5.0	12:08	5.7	5:44	1.4	6:22	0.6	7:17	6:34	
15	Sun	12:50	4.9	12:32	5.8	6:12	1.8	6:56	0.3	7:18	6:32	
16	Mon	1:37	4.7	12:58	5.9	6:41	2.2	7:32	0.0	7:19	6:31	
17	Tue	2:27	4.6	1:27	6.0	7:13	2.6	8:13	-0.1	7:20	6:29	
18	Wed	3:24	4.4	2:01	5.9	7:49	3.0	9:00	-0.2	7:21	6:28	
19	Thu	4:31	4.3	2:43	5.8	8:32	3.4	9:57	-0.2	7:22	6:27	
20	Fri	5:48	4.3	3:38	5.6	9:31	3.6	11:02	-0.1	7:23	6:25	
21	Sat	7:06	4.4	4:49	5.4	11:01	3.7			7:23	6:24	
22	Sun	8:07	4.6	6:12	5.3	12:14	-0.1	12:42	3.5	7:24	6:23	
23	Mon	8:52	4.9	7:33	5.3	1:22	-0.1	1:59	2.9	7:25	6:21	
24	Tue	9:29	5.2	8:47	5.3	2:21	-0.1	2:59	2.1	7:26	6:20	
25	Wed	10:04	5.6	9:54	5.4	3:11	0.0	3:51	1.3	7:27	6:19	
26	Thu	10:37	6.0	10:56	5.4	3:56	0.3	4:39	0.6	7:29	6:18	
27	Fri	11:09	6.3	11:56	5.3	4:37	0.7	5:26	-0.1	7:30	6:17	
28	Sat	11:42	6.5			5:18	1.3	6:11	-0.6	7:31	6:15	
29	Sun	12:54	5.2	12:16	6.6	5:59	1.8	6:56	-0.8	7:32	6:14	
30	Mon	1:52	5.1	12:51	6.5	6:41	2.4	7:41	-0.9	7:33	6:13	
31	Tue	2:51	4.9	1:27	6.3	7:26	2.9	8:27	-0.7	7:34	6:12	