

































## Alcatraz Island, CA - Oct 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:21	4.3	6:30	5.1	12:38	0.7	1:02	3.3	7:05	6:52	
2	Tue	9:02	4.6	7:40	5.2	1:39	0.5	2:06	2.9	7:06	6:50	
3	Wed	9:36	4.9	8:45	5.4	2:31	0.4	2:57	2.3	7:07	6:49	
4	Thu	10:07	5.2	9:46	5.5	3:16	0.3	3:43	1.7	7:08	6:47	
5	Fri	10:38	5.6	10:43	5.6	3:57	0.4	4:28	1.0	7:09	6:46	
6	Sat	11:10	6.0	11:40	5.6	4:38	0.6	5:13	0.3	7:10	6:44	
7	Sun	11:45	6.3			5:18	1.0	5:59	-0.3	7:11	6:43	
8	Mon	12:37	5.5	12:21	6.6	5:59	1.4	6:47	-0.7	7:12	6:41	
9	Tue	1:35	5.4	1:01	6.8	6:42	1.8	7:37	-0.9	7:13	6:40	
10	Wed	2:34	5.2	1:45	6.7	7:28	2.3	8:31	-0.9	7:13	6:39	
11	Thu	3:38	4.9	2:34	6.5	8:20	2.7	9:29	-0.7	7:14	6:37	
12	Fri	4:46	4.8	3:30	6.2	9:22	3.0	10:33	-0.4	7:15	6:36	
13	Sat	5:59	4.7	4:35	5.8	10:42	3.1	11:43	-0.1	7:16	6:34	
14	Sun	7:10	4.8	5:48	5.4			12:13	3.0	7:17	6:33	
15	Mon	8:10	5.0	7:06	5.1	12:52	0.2	1:33	2.7	7:18	6:31	
16	Tue	8:58	5.2	8:19	5.0	1:53	0.4	2:37	2.1	7:19	6:30	
17	Wed	9:38	5.4	9:24	4.9	2:45	0.6	3:30	1.6	7:20	6:29	
18	Thu	10:12	5.6	10:21	4.9	3:29	0.8	4:15	1.2	7:21	6:27	
19	Fri	10:41	5.7	11:12	4.9	4:08	1.2	4:55	0.8	7:22	6:26	
20	Sat	11:07	5.7	11:59	4.8	4:43	1.5	5:30	0.5	7:23	6:25	
21	Sun	11:32	5.8			5:16	1.9	6:03	0.2	7:24	6:23	
22	Mon	12:44	4.8	11:56 AM	5.8	5:48	2.2	6:35	0.1	7:25	6:22	
23	Tue	1:28	4.7	12:22	5.8	6:20	2.5	7:07	0.0	7:26	6:21	
24	Wed	2:11	4.6	12:51	5.8	6:52	2.8	7:41	0.0	7:27	6:20	
25	Thu	2:56	4.5	1:24	5.7	7:27	3.0	8:18	0.0	7:28	6:18	
26	Fri	3:44	4.4	2:01	5.6	8:05	3.2	9:00	0.1	7:29	6:17	
27	Sat	4:37	4.3	2:44	5.4	8:51	3.4	9:48	0.2	7:30	6:16	
28	Sun	5:35	4.3	3:36	5.1	9:53	3.5	10:43	0.3	7:31	6:15	
29	Mon	6:31	4.4	4:39	4.9	11:14	3.4	11:42	0.4	7:32	6:14	
30	Tue	7:21	4.6	5:53	4.7			12:36	3.0	7:33	6:12	
31	Wed	8:02	4.9	7:12	4.6	12:41	0.5	1:42	2.5	7:34	6:11	