

Alcatraz Island, CA - Nov 1919

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:33	4.7	5:32	4.5			12:14	2.8	6:34	5:12	
2	Sun	7:14	5.0	6:47	4.5	12:04	0.8	1:11	2.2	6:35	5:11	
3	Mon	7:50	5.3	7:57	4.6	12:56	0.9	1:58	1.5	6:36	5:10	
4	Tue	8:25	5.7	9:01	4.8	1:44	1.1	2:43	0.8	6:37	5:09	
5	Wed	9:00	6.1	10:01	5.0	2:30	1.3	3:26	0.0	6:38	5:08	
6	Thu	9:37	6.5	10:58	5.1	3:14	1.6	4:11	-0.6	6:39	5:07	
7	Fri	10:17	6.8	11:54	5.2	3:59	1.8	4:57	-1.1	6:40	5:06	
8	Sat	10:59	6.9			4:45	2.1	5:44	-1.4	6:41	5:05	
9	Sun	12:49	5.2	11:45 AM	6.9	5:34	2.4	6:34	-1.4	6:42	5:04	
10	Mon	1:45	5.2	12:34	6.8	6:27	2.6	7:25	-1.3	6:44	5:03	
11	Tue	2:42	5.1	1:27	6.4	7:26	2.7	8:20	-0.9	6:45	5:02	
12	Wed	3:40	5.1	2:26	5.9	8:35	2.8	9:18	-0.5	6:46	5:01	
13	Thu	4:40	5.1	3:32	5.3	9:55	2.7	10:19	0.0	6:47	5:00	
14	Fri	5:38	5.3	4:47	4.8	11:18	2.4	11:21	0.4	6:48	4:59	
15	Sat	6:32	5.4	6:09	4.5			12:33	1.9	6:49	4:59	
16	Sun	7:19	5.6	7:28	4.4	12:21	0.8	1:36	1.4	6:50	4:58	
17	Mon	8:01	5.8	8:39	4.4	1:15	1.2	2:28	0.9	6:51	4:57	
18	Tue	8:38	5.9	9:40	4.5	2:03	1.6	3:13	0.4	6:52	4:57	
19	Wed	9:11	6.0	10:33	4.6	2:47	2.0	3:53	0.1	6:53	4:56	
20	Thu	9:42	6.1	11:20	4.6	3:27	2.3	4:28	-0.2	6:54	4:55	
21	Fri	10:12	6.1			4:05	2.6	5:02	-0.3	6:55	4:55	
22	Sat	12:04	4.7	10:42 AM	6.0	4:42	2.8	5:34	-0.4	6:56	4:54	
23	Sun	12:44	4.7	11:13 AM	6.0	5:18	2.9	6:07	-0.4	6:57	4:54	
24	Mon	1:23	4.6	11:47 AM	5.8	5:54	3.1	6:41	-0.4	6:58	4:53	
25	Tue	2:01	4.6	12:22	5.7	6:32	3.1	7:16	-0.3	6:59	4:53	
26	Wed	2:41	4.6	1:01	5.5	7:15	3.2	7:54	-0.2	7:00	4:52	
27	Thu	3:22	4.6	1:44	5.2	8:05	3.2	8:36	0.0	7:01	4:52	
28	Fri	4:05	4.7	2:35	4.8	9:06	3.1	9:21	0.3	7:02	4:52	
29	Sat	4:48	4.8	3:37	4.5	10:19	2.9	10:11	0.6	7:03	4:51	
30	Sun	5:32	5.1	4:55	4.2	11:32	2.4	11:05	0.9	7:04	4:51	