

Alcatraz Island, CA - Nov 1929

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:02	6.2			4:42	1.8	5:35	-0.3	6:35	5:11	
2	Sat	12:22	4.9	11:30 AM	6.1	5:18	2.3	6:12	-0.4	6:36	5:10	
3	Sun	1:14	4.8	11:58 AM	6.0	5:56	2.7	6:50	-0.4	6:37	5:09	
4	Mon	2:07	4.6	12:28	5.8	6:35	3.1	7:30	-0.3	6:38	5:08	
5	Tue	3:03	4.5	1:03	5.6	7:18	3.5	8:14	-0.1	6:39	5:07	
6	Wed	4:04	4.4	1:44	5.3	8:11	3.7	9:04	0.2	6:40	5:06	
7	Thu	5:09	4.4	2:34	5.0	9:25	3.8	10:00	0.4	6:41	5:05	
8	Fri	6:10	4.5	3:38	4.7	10:56	3.6	11:02	0.5	6:42	5:04	
9	Sat	6:57	4.6	4:51	4.5			12:12	3.3	6:43	5:03	
10	Sun	7:32	4.8	6:07	4.4	12:00	0.6	1:09	2.9	6:44	5:02	
11	Mon	8:01	5.0	7:17	4.4	12:50	0.7	1:55	2.3	6:45	5:01	
12	Tue	8:28	5.3	8:21	4.5	1:34	0.8	2:34	1.7	6:46	5:01	
13	Wed	8:54	5.6	9:20	4.6	2:13	1.0	3:11	1.0	6:47	5:00	
14	Thu	9:21	5.9	10:16	4.7	2:51	1.3	3:48	0.3	6:48	4:59	
15	Fri	9:50	6.2	11:12	4.8	3:28	1.7	4:26	-0.3	6:49	4:58	
16	Sat	10:22	6.5			4:07	2.1	5:07	-0.8	6:51	4:58	
17	Sun	12:07	4.9	10:58 AM	6.7	4:47	2.5	5:50	-1.2	6:52	4:57	
18	Mon	1:03	4.9	11:38 AM	6.8	5:31	2.9	6:38	-1.4	6:53	4:56	
19	Tue	2:01	4.9	12:23	6.7	6:19	3.1	7:29	-1.3	6:54	4:56	
20	Wed	3:02	4.8	1:14	6.4	7:14	3.3	8:25	-1.1	6:55	4:55	
21	Thu	4:04	4.8	2:13	6.0	8:23	3.4	9:25	-0.8	6:56	4:54	
22	Fri	5:06	4.9	3:22	5.5	9:48	3.3	10:29	-0.4	6:57	4:54	
23	Sat	6:03	5.1	4:40	5.0	11:20	2.9	11:33	0.0	6:58	4:53	
24	Sun	6:53	5.4	6:05	4.7			12:38	2.3	6:59	4:53	
25	Mon	7:36	5.7	7:27	4.5	12:31	0.4	1:42	1.6	7:00	4:53	
26	Tue	8:15	5.9	8:41	4.5	1:23	0.8	2:37	0.9	7:01	4:52	
27	Wed	8:50	6.2	9:47	4.5	2:10	1.3	3:24	0.3	7:02	4:52	
28	Thu	9:23	6.3	10:46	4.6	2:53	1.8	4:05	-0.2	7:03	4:51	
29	Fri	9:53	6.3	11:40	4.7	3:35	2.3	4:44	-0.5	7:04	4:51	
30	Sat	10:23	6.3			4:15	2.7	5:20	-0.6	7:05	4:51	