

Alcatraz Island, CA - Nov 1949

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	9:10	5.4	9:07	4.6	2:21	0.8	3:11	1.4	6:35	5:11	
2	Wed	9:34	5.5	9:59	4.6	2:58	1.1	3:49	0.9	6:36	5:10	
3	Thu	9:56	5.7	10:47	4.6	3:30	1.5	4:22	0.6	6:37	5:09	
4	Fri	10:18	5.8	11:33	4.6	4:01	1.9	4:54	0.2	6:38	5:08	
5	Sat	10:40	5.9			4:31	2.3	5:24	0.0	6:39	5:07	
6	Sun	12:19	4.5	11:05 AM	5.9	5:01	2.7	5:56	-0.2	6:40	5:06	
7	Mon	1:05	4.5	11:32 AM	5.9	5:32	3.0	6:29	-0.3	6:41	5:05	
8	Tue	1:53	4.5	12:03	5.9	6:06	3.3	7:07	-0.3	6:42	5:04	
9	Wed	2:45	4.4	12:40	5.8	6:43	3.5	7:50	-0.3	6:43	5:03	
10	Thu	3:42	4.4	1:22	5.6	7:29	3.7	8:40	-0.2	6:44	5:02	
11	Fri	4:44	4.4	2:15	5.3	8:32	3.8	9:37	-0.1	6:45	5:01	
12	Sat	5:42	4.5	3:20	5.1	9:58	3.7	10:38	0.0	6:46	5:00	
13	Sun	6:29	4.7	4:38	4.8	11:28	3.3	11:39	0.1	6:47	5:00	
14	Mon	7:09	5.0	6:01	4.7			12:39	2.6	6:49	4:59	
15	Tue	7:44	5.4	7:21	4.7	12:35	0.3	1:37	1.8	6:50	4:58	
16	Wed	8:17	5.8	8:36	4.7	1:25	0.6	2:28	0.9	6:51	4:57	
17	Thu	8:50	6.2	9:44	4.8	2:12	1.0	3:16	0.0	6:52	4:57	
18	Fri	9:25	6.6	10:48	5.0	2:57	1.5	4:03	-0.7	6:53	4:56	
19	Sat	10:02	6.9	11:49	5.0	3:42	2.0	4:50	-1.3	6:54	4:55	
20	Sun	10:41	7.0			4:28	2.5	5:37	-1.6	6:55	4:55	
21	Mon	12:48	5.0	11:24 AM	7.0	5:16	2.9	6:26	-1.6	6:56	4:54	
22	Tue	1:46	5.0	12:09	6.8	6:07	3.2	7:16	-1.4	6:57	4:54	
23	Wed	2:44	5.0	12:58	6.4	7:04	3.3	8:08	-1.1	6:58	4:53	
24	Thu	3:43	4.9	1:50	5.9	8:10	3.4	9:03	-0.6	6:59	4:53	
25	Fri	4:42	4.9	2:49	5.3	9:28	3.4	10:00	-0.2	7:00	4:52	
26	Sat	5:38	4.9	3:56	4.8	10:52	3.2	10:57	0.2	7:01	4:52	
27	Sun	6:27	5.0	5:12	4.3			12:09	2.7	7:02	4:52	
28	Mon	7:09	5.2	6:33	4.1			1:12	2.2	7:03	4:51	
29	Tue	7:43	5.4	7:50	4.0	12:42	1.1	2:05	1.6	7:04	4:51	
30	Wed	8:12	5.5	8:59	4.0	1:27	1.5	2:48	1.0	7:05	4:51	