

Alcatraz Island, CA - Nov 1953

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:26	5.3	8:21	4.4	1:34	1.0	2:30	1.6	6:35	5:11	
2	Mon	8:54	5.5	9:18	4.4	2:14	1.3	3:10	1.1	6:36	5:10	
3	Tue	9:18	5.6	10:10	4.5	2:50	1.6	3:47	0.6	6:37	5:09	
4	Wed	9:42	5.8	10:58	4.5	3:24	2.0	4:20	0.3	6:38	5:08	
5	Thu	10:07	5.9	11:43	4.6	3:55	2.3	4:52	0.0	6:39	5:07	
6	Fri	10:34	6.0			4:27	2.6	5:24	-0.2	6:40	5:06	
7	Sat	12:28	4.6	11:03 AM	6.0	4:59	2.9	5:57	-0.4	6:41	5:05	
8	Sun	1:13	4.6	11:36 AM	6.0	5:33	3.1	6:34	-0.5	6:42	5:04	
9	Mon	1:59	4.5	12:12	5.9	6:10	3.3	7:15	-0.5	6:43	5:03	
10	Tue	2:49	4.5	12:53	5.8	6:53	3.4	8:00	-0.5	6:44	5:02	
11	Wed	3:42	4.4	1:41	5.6	7:46	3.5	8:51	-0.4	6:45	5:01	
12	Thu	4:36	4.5	2:38	5.3	8:55	3.5	9:46	-0.2	6:46	5:00	
13	Fri	5:27	4.7	3:49	4.9	10:21	3.2	10:44	0.1	6:48	5:00	
14	Sat	6:13	4.9	5:11	4.7	11:45	2.7	11:42	0.4	6:49	4:59	
15	Sun	6:54	5.3	6:36	4.5			12:54	1.9	6:50	4:58	
16	Mon	7:32	5.7	7:57	4.5	12:37	0.7	1:51	1.0	6:51	4:57	
17	Tue	8:09	6.2	9:10	4.6	1:28	1.2	2:43	0.2	6:52	4:57	
18	Wed	8:47	6.6	10:16	4.8	2:18	1.6	3:31	-0.6	6:53	4:56	
19	Thu	9:27	6.9	11:16	5.0	3:06	2.1	4:18	-1.1	6:54	4:55	
20	Fri	10:08	7.0			3:54	2.4	5:05	-1.4	6:55	4:55	
21	Sat	12:13	5.0	10:50 AM	7.0	4:43	2.7	5:51	-1.5	6:56	4:54	
22	Sun	1:08	5.1	11:35 AM	6.8	5:34	3.0	6:39	-1.4	6:57	4:54	
23	Mon	2:01	5.0	12:21	6.5	6:27	3.1	7:26	-1.1	6:58	4:53	
24	Tue	2:53	5.0	1:10	6.1	7:25	3.2	8:15	-0.7	6:59	4:53	
25	Wed	3:46	4.9	2:01	5.5	8:30	3.2	9:05	-0.3	7:00	4:52	
26	Thu	4:38	4.9	2:58	5.0	9:43	3.1	9:57	0.2	7:01	4:52	
27	Fri	5:27	4.9	4:03	4.4	11:00	2.8	10:49	0.6	7:02	4:52	
28	Sat	6:11	5.1	5:20	4.0			12:11	2.4	7:03	4:51	
29	Sun	6:49	5.2	6:44	3.8			1:11	1.9	7:04	4:51	
30	Mon	7:23	5.4	8:05	3.8	12:30	1.6	2:02	1.3	7:05	4:51	