

Alcatraz Island, CA - Nov 1954

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:16	4.3	2:15	5.2	8:29	3.5	9:25	0.2	6:34	5:11	
2	Tue	5:13	4.4	3:14	4.9	9:45	3.5	10:21	0.3	6:36	5:10	
3	Wed	6:03	4.5	4:25	4.7	11:11	3.2	11:19	0.5	6:37	5:09	
4	Thu	6:45	4.8	5:44	4.5			12:23	2.7	6:38	5:08	
5	Fri	7:22	5.1	7:02	4.5	12:15	0.6	1:19	2.0	6:39	5:07	
6	Sat	7:56	5.5	8:15	4.7	1:06	0.8	2:09	1.2	6:40	5:06	
7	Sun	8:30	6.0	9:21	4.8	1:53	1.1	2:55	0.3	6:41	5:05	
8	Mon	9:06	6.4	10:23	5.0	2:39	1.5	3:41	-0.4	6:42	5:04	
9	Tue	9:44	6.8	11:23	5.1	3:24	1.9	4:27	-1.0	6:43	5:03	
10	Wed	10:24	7.0			4:10	2.2	5:15	-1.4	6:44	5:02	
11	Thu	12:20	5.1	11:08 AM	7.1	4:58	2.5	6:04	-1.6	6:45	5:01	
12	Fri	1:17	5.1	11:56 AM	7.0	5:49	2.8	6:55	-1.5	6:46	5:01	
13	Sat	2:14	5.1	12:47	6.7	6:44	2.9	7:48	-1.2	6:47	5:00	
14	Sun	3:11	5.0	1:41	6.2	7:48	3.0	8:43	-0.8	6:48	4:59	
15	Mon	4:10	5.0	2:42	5.7	9:02	3.0	9:42	-0.4	6:49	4:58	
16	Tue	5:08	5.1	3:50	5.1	10:25	2.8	10:41	0.1	6:50	4:58	
17	Wed	6:02	5.2	5:07	4.6	11:46	2.4	11:40	0.6	6:52	4:57	
18	Thu	6:50	5.4	6:30	4.2			12:56	1.9	6:53	4:56	
19	Fri	7:31	5.6	7:49	4.1	12:35	1.1	1:53	1.3	6:54	4:56	
20	Sat	8:07	5.7	8:58	4.2	1:24	1.5	2:42	0.8	6:55	4:55	
21	Sun	8:39	5.9	9:58	4.3	2:09	1.9	3:23	0.4	6:56	4:54	
22	Mon	9:09	6.0	10:50	4.4	2:50	2.3	4:00	0.0	6:57	4:54	
23	Tue	9:37	6.0	11:36	4.5	3:29	2.6	4:34	-0.2	6:58	4:53	
24	Wed	10:07	6.0			4:06	2.9	5:07	-0.4	6:59	4:53	
25	Thu	12:18	4.6	10:38 AM	6.0	4:42	3.1	5:39	-0.5	7:00	4:53	
26	Fri	12:58	4.6	11:11 AM	6.0	5:17	3.2	6:12	-0.5	7:01	4:52	
27	Sat	1:37	4.6	11:46 AM	5.9	5:54	3.3	6:47	-0.5	7:02	4:52	
28	Sun	2:16	4.6	12:23	5.8	6:33	3.3	7:25	-0.5	7:03	4:51	
29	Mon	2:56	4.6	1:04	5.5	7:17	3.3	8:05	-0.4	7:04	4:51	
30	Tue	3:38	4.6	1:50	5.2	8:11	3.3	8:48	-0.2	7:05	4:51	