

Alcatraz Island, CA - Nov 1956

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:05	6.5	11:21	5.1	3:40	1.6	4:37	-0.5	6:35	5:11	
2	Fri	10:41	6.5			4:23	2.0	5:19	-0.7	6:36	5:10	
3	Sat	12:13	5.1	11:16 AM	6.4	5:06	2.3	6:00	-0.7	6:37	5:08	
4	Sun	1:04	5.0	11:53 AM	6.2	5:49	2.6	6:41	-0.6	6:38	5:07	
5	Mon	1:53	4.9	12:30	6.0	6:35	2.9	7:22	-0.4	6:39	5:06	
6	Tue	2:44	4.7	1:10	5.7	7:23	3.1	8:06	-0.2	6:40	5:05	
7	Wed	3:35	4.6	1:54	5.3	8:19	3.2	8:53	0.1	6:41	5:05	
8	Thu	4:28	4.6	2:44	4.9	9:26	3.2	9:44	0.4	6:42	5:04	
9	Fri	5:20	4.6	3:44	4.5	10:43	3.1	10:39	0.7	6:44	5:03	
10	Sat	6:07	4.7	4:55	4.2	11:55	2.8	11:34	1.0	6:45	5:02	
11	Sun	6:48	4.9	6:12	4.1			12:56	2.3	6:46	5:01	
12	Mon	7:23	5.1	7:25	4.1	12:25	1.2	1:45	1.8	6:47	5:00	
13	Tue	7:55	5.4	8:30	4.2	1:12	1.5	2:27	1.2	6:48	4:59	
14	Wed	8:27	5.7	9:27	4.4	1:55	1.7	3:05	0.7	6:49	4:59	
15	Thu	8:58	6.0	10:20	4.5	2:36	1.9	3:41	0.2	6:50	4:58	
16	Fri	9:32	6.2	11:10	4.7	3:15	2.2	4:17	-0.3	6:51	4:57	
17	Sat	10:07	6.4	11:59	4.8	3:55	2.4	4:55	-0.7	6:52	4:57	
18	Sun	10:46	6.6			4:36	2.6	5:36	-1.0	6:53	4:56	
19	Mon	12:48	4.9	11:27 AM	6.6	5:20	2.7	6:20	-1.2	6:54	4:55	
20	Tue	1:37	4.9	12:13	6.5	6:08	2.8	7:06	-1.2	6:55	4:55	
21	Wed	2:28	4.9	1:03	6.3	7:02	2.9	7:56	-1.0	6:56	4:54	
22	Thu	3:20	5.0	1:59	5.9	8:05	2.9	8:48	-0.7	6:57	4:54	
23	Fri	4:13	5.1	3:03	5.4	9:19	2.7	9:44	-0.2	6:58	4:53	
24	Sat	5:06	5.3	4:18	4.9	10:43	2.4	10:44	0.3	6:59	4:53	
25	Sun	5:57	5.5	5:42	4.5			12:02	1.8	7:00	4:52	
26	Mon	6:46	5.8	7:08	4.3			1:11	1.2	7:01	4:52	
27	Tue	7:32	6.1	8:27	4.4	12:42	1.3	2:09	0.5	7:02	4:52	
28	Wed	8:14	6.4	9:35	4.5	1:37	1.7	3:00	-0.1	7:03	4:51	
29	Thu	8:55	6.5	10:34	4.7	2:29	2.1	3:45	-0.5	7:04	4:51	
30	Fri	9:34	6.6	11:26	4.8	3:17	2.4	4:27	-0.7	7:05	4:51	