

Alcatraz Island, CA - Nov 1967

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	10:21	6.5	11:29	5.3	3:56	1.2	4:47	-0.7	6:34	5:11	
2	Thu	10:57	6.8			4:38	1.7	5:35	-1.2	6:35	5:10	
3	Fri	12:30	5.2	11:35 AM	6.9	5:21	2.2	6:24	-1.4	6:36	5:09	
4	Sat	1:31	5.1	12:18	6.8	6:08	2.7	7:16	-1.3	6:37	5:08	
5	Sun	2:35	4.9	1:05	6.6	7:01	3.1	8:11	-1.1	6:39	5:07	
6	Mon	3:43	4.8	1:58	6.1	8:04	3.4	9:12	-0.7	6:40	5:06	
7	Tue	4:53	4.8	3:00	5.6	9:25	3.5	10:17	-0.3	6:41	5:05	
8	Wed	5:59	4.9	4:11	5.1	10:58	3.3	11:23	0.0	6:42	5:04	
9	Thu	6:56	5.0	5:30	4.8			12:19	2.9	6:43	5:03	
10	Fri	7:42	5.2	6:48	4.6	12:24	0.3	1:24	2.4	6:44	5:02	
11	Sat	8:19	5.4	7:58	4.5	1:17	0.6	2:17	1.8	6:45	5:02	
12	Sun	8:50	5.5	9:00	4.4	2:01	0.9	3:02	1.3	6:46	5:01	
13	Mon	9:16	5.7	9:55	4.5	2:40	1.3	3:40	0.8	6:47	5:00	
14	Tue	9:40	5.8	10:46	4.5	3:15	1.7	4:15	0.4	6:48	4:59	
15	Wed	10:02	5.9	11:33	4.5	3:47	2.1	4:47	0.1	6:49	4:58	
16	Thu	10:26	5.9			4:19	2.5	5:18	-0.2	6:50	4:58	
17	Fri	12:19	4.5	10:52 AM	6.0	4:51	2.8	5:49	-0.3	6:51	4:57	
18	Sat	1:04	4.5	11:20 AM	6.0	5:24	3.1	6:22	-0.4	6:52	4:56	
19	Sun	1:50	4.5	11:53 AM	5.9	5:59	3.4	6:59	-0.4	6:53	4:56	
20	Mon	2:38	4.5	12:29	5.8	6:37	3.5	7:40	-0.4	6:55	4:55	
21	Tue	3:30	4.4	1:11	5.6	7:22	3.7	8:26	-0.3	6:56	4:55	
22	Wed	4:24	4.4	2:00	5.3	8:22	3.7	9:18	-0.2	6:57	4:54	
23	Thu	5:17	4.5	3:00	5.0	9:41	3.6	10:15	0.0	6:58	4:53	
24	Fri	6:04	4.7	4:14	4.7	11:08	3.3	11:12	0.2	6:59	4:53	
25	Sat	6:43	5.0	5:38	4.5			12:21	2.6	7:00	4:53	
26	Sun	7:19	5.4	7:02	4.4	12:08	0.4	1:21	1.8	7:01	4:52	
27	Mon	7:54	5.8	8:21	4.5	1:00	0.8	2:13	0.9	7:02	4:52	
28	Tue	8:29	6.3	9:32	4.6	1:49	1.2	3:02	0.0	7:03	4:51	
29	Wed	9:05	6.7	10:38	4.8	2:36	1.7	3:49	-0.8	7:04	4:51	
30	Thu	9:43	7.0	11:39	5.0	3:23	2.2	4:36	-1.3	7:05	4:51	