

Alcatraz Island, CA - Nov 1968

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	9:14	5.7	9:28	4.8	2:30	0.7	3:23	1.0	6:35	5:10	
2	Sat	9:43	5.9	10:23	4.8	3:08	1.1	4:03	0.5	6:36	5:09	
3	Sun	10:10	6.0	11:15	4.7	3:44	1.5	4:40	0.1	6:37	5:08	
4	Mon	10:34	6.0			4:18	2.0	5:15	-0.1	6:38	5:07	
5	Tue	12:05	4.7	10:58 AM	6.0	4:52	2.5	5:48	-0.3	6:39	5:06	
6	Wed	12:53	4.6	11:24 AM	5.9	5:26	2.9	6:21	-0.3	6:40	5:05	
7	Thu	1:41	4.6	11:52 AM	5.8	6:01	3.2	6:56	-0.3	6:41	5:04	
8	Fri	2:30	4.5	12:24	5.7	6:38	3.5	7:35	-0.2	6:43	5:04	
9	Sat	3:23	4.4	1:03	5.5	7:20	3.6	8:19	0.0	6:44	5:03	
10	Sun	4:21	4.3	1:48	5.2	8:14	3.7	9:10	0.1	6:45	5:02	
11	Mon	5:19	4.4	2:42	5.0	9:30	3.7	10:06	0.3	6:46	5:01	
12	Tue	6:10	4.5	3:48	4.7	10:59	3.6	11:04	0.4	6:47	5:00	
13	Wed	6:50	4.7	5:03	4.5			12:12	3.1	6:48	4:59	
14	Thu	7:22	4.9	6:21	4.4			1:08	2.5	6:49	4:59	
15	Fri	7:52	5.3	7:36	4.4	12:48	0.7	1:54	1.8	6:50	4:58	
16	Sat	8:21	5.6	8:45	4.5	1:33	0.9	2:38	1.0	6:51	4:57	
17	Sun	8:51	6.1	9:49	4.7	2:15	1.3	3:20	0.1	6:52	4:56	
18	Mon	9:23	6.5	10:51	4.8	2:57	1.7	4:03	-0.6	6:53	4:56	
19	Tue	9:58	6.8	11:50	4.9	3:40	2.2	4:48	-1.2	6:54	4:55	
20	Wed	10:37	7.0			4:25	2.6	5:35	-1.6	6:55	4:55	
21	Thu	12:49	5.0	11:21 AM	7.1	5:12	2.9	6:25	-1.7	6:56	4:54	
22	Fri	1:47	5.0	12:09	6.9	6:03	3.2	7:17	-1.6	6:57	4:54	
23	Sat	2:46	4.9	1:02	6.6	7:01	3.3	8:12	-1.3	6:58	4:53	
24	Sun	3:45	4.9	2:00	6.1	8:09	3.4	9:11	-0.9	6:59	4:53	
25	Mon	4:45	5.0	3:06	5.6	9:33	3.2	10:11	-0.4	7:00	4:52	
26	Tue	5:41	5.1	4:21	5.0	11:02	2.9	11:11	0.1	7:01	4:52	
27	Wed	6:31	5.3	5:43	4.5			12:22	2.3	7:02	4:52	
28	Thu	7:15	5.6	7:07	4.2	12:08	0.5	1:28	1.7	7:03	4:51	
29	Fri	7:53	5.8	8:25	4.2	1:00	1.0	2:23	1.0	7:04	4:51	
30	Sat	8:26	5.9	9:33	4.3	1:47	1.5	3:09	0.5	7:05	4:51	