

Alcatraz Island, CA - Nov 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:24	4.5	3:51	4.7	11:07	3.6	11:19	0.6	6:35	5:11	
2	Sun	7:09	4.6	5:05	4.5			12:19	3.2	6:36	5:10	
3	Mon	7:42	4.7	6:19	4.4	12:15	0.7	1:15	2.7	6:37	5:09	
4	Tue	8:09	5.0	7:27	4.4	1:03	0.8	2:01	2.2	6:38	5:08	
5	Wed	8:34	5.2	8:29	4.4	1:44	1.0	2:41	1.6	6:39	5:07	
6	Thu	8:58	5.5	9:27	4.5	2:20	1.2	3:17	0.9	6:40	5:06	
7	Fri	9:24	5.9	10:22	4.6	2:55	1.5	3:53	0.3	6:41	5:05	
8	Sat	9:52	6.2	11:16	4.7	3:30	1.9	4:29	-0.3	6:42	5:04	
9	Sun	10:22	6.4			4:07	2.3	5:09	-0.8	6:43	5:03	
10	Mon	12:10	4.8	10:56 AM	6.6	4:45	2.7	5:51	-1.1	6:44	5:02	
11	Tue	1:05	4.8	11:35 AM	6.7	5:27	3.0	6:37	-1.2	6:45	5:01	
12	Wed	2:03	4.7	12:20	6.6	6:13	3.3	7:28	-1.2	6:47	5:00	
13	Thu	3:02	4.7	1:11	6.4	7:06	3.4	8:24	-1.0	6:48	4:59	
14	Fri	4:04	4.7	2:10	6.0	8:14	3.5	9:24	-0.7	6:49	4:59	
15	Sat	5:05	4.8	3:19	5.5	9:40	3.4	10:27	-0.4	6:50	4:58	
16	Sun	6:01	5.0	4:38	5.1	11:14	3.0	11:30	0.0	6:51	4:57	
17	Mon	6:49	5.3	6:03	4.7			12:34	2.3	6:52	4:57	
18	Tue	7:31	5.6	7:26	4.5	12:27	0.4	1:39	1.6	6:53	4:56	
19	Wed	8:09	5.9	8:41	4.5	1:19	0.8	2:34	0.8	6:54	4:55	
20	Thu	8:44	6.2	9:48	4.5	2:06	1.3	3:21	0.2	6:55	4:55	
21	Fri	9:17	6.4	10:48	4.6	2:50	1.8	4:04	-0.3	6:56	4:54	
22	Sat	9:49	6.4	11:43	4.7	3:32	2.3	4:44	-0.6	6:57	4:54	
23	Sun	10:21	6.4			4:14	2.7	5:21	-0.8	6:58	4:53	
24	Mon	12:34	4.8	10:53 AM	6.3	4:56	3.1	5:58	-0.8	6:59	4:53	
25	Tue	1:23	4.8	11:26 AM	6.1	5:38	3.3	6:35	-0.7	7:00	4:52	
26	Wed	2:10	4.7	12:01	5.9	6:20	3.5	7:14	-0.5	7:01	4:52	
27	Thu	2:56	4.6	12:40	5.7	7:06	3.6	7:55	-0.3	7:02	4:52	
28	Fri	3:42	4.5	1:22	5.4	7:57	3.6	8:38	-0.1	7:03	4:51	
29	Sat	4:28	4.5	2:09	5.0	9:00	3.5	9:24	0.2	7:04	4:51	
30	Sun	5:12	4.6	3:05	4.6	10:14	3.4	10:12	0.4	7:05	4:51	