

Alcatraz Island, CA - Nov 1972

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:35	5.7	8:51	4.6	1:49	0.9	2:47	1.1	6:35	5:10	
2	Thu	9:08	5.8	9:49	4.6	2:31	1.3	3:30	0.6	6:36	5:09	
3	Fri	9:36	5.9	10:42	4.6	3:10	1.7	4:08	0.2	6:37	5:08	
4	Sat	10:03	6.0	11:31	4.6	3:46	2.1	4:43	-0.1	6:38	5:07	
5	Sun	10:29	6.0			4:20	2.5	5:16	-0.2	6:39	5:06	
6	Mon	12:16	4.6	10:56 AM	6.0	4:55	2.8	5:49	-0.3	6:40	5:05	
7	Tue	1:00	4.6	11:25 AM	5.9	5:29	3.1	6:22	-0.3	6:41	5:04	
8	Wed	1:44	4.5	11:57 AM	5.8	6:04	3.2	6:58	-0.3	6:43	5:03	
9	Thu	2:28	4.5	12:33	5.7	6:41	3.4	7:37	-0.2	6:44	5:03	
10	Fri	3:15	4.4	1:13	5.4	7:25	3.5	8:21	-0.1	6:45	5:02	
11	Sat	4:05	4.4	1:59	5.2	8:20	3.5	9:09	0.1	6:46	5:01	
12	Sun	4:55	4.4	2:55	4.9	9:32	3.5	10:01	0.3	6:47	5:00	
13	Mon	5:41	4.6	4:03	4.6	10:55	3.2	10:55	0.5	6:48	4:59	
14	Tue	6:22	4.8	5:21	4.3			12:07	2.7	6:49	4:58	
15	Wed	6:58	5.2	6:43	4.3			1:05	2.0	6:50	4:58	
16	Thu	7:33	5.6	8:00	4.4	12:40	1.0	1:55	1.2	6:51	4:57	
17	Fri	8:07	6.0	9:11	4.5	1:29	1.4	2:42	0.3	6:52	4:56	
18	Sat	8:43	6.4	10:15	4.7	2:16	1.8	3:28	-0.5	6:53	4:56	
19	Sun	9:22	6.8	11:14	4.9	3:03	2.1	4:14	-1.1	6:54	4:55	
20	Mon	10:04	7.1			3:51	2.5	5:01	-1.5	6:55	4:55	
21	Tue	12:11	5.0	10:49 AM	7.2	4:40	2.7	5:50	-1.7	6:56	4:54	
22	Wed	1:06	5.1	11:38 AM	7.1	5:32	2.9	6:40	-1.7	6:57	4:54	
23	Thu	2:01	5.1	12:29	6.8	6:27	3.0	7:32	-1.4	6:58	4:53	
24	Fri	2:55	5.1	1:24	6.4	7:29	3.0	8:25	-1.0	6:59	4:53	
25	Sat	3:50	5.1	2:23	5.8	8:41	3.0	9:20	-0.5	7:00	4:52	
26	Sun	4:44	5.1	3:29	5.1	10:02	2.8	10:17	0.0	7:01	4:52	
27	Mon	5:36	5.3	4:45	4.5	11:24	2.4	11:13	0.6	7:02	4:52	
28	Tue	6:24	5.5	6:10	4.1			12:36	1.8	7:03	4:51	
29	Wed	7:07	5.7	7:35	4.0	12:08	1.1	1:38	1.2	7:04	4:51	
30	Thu	7:45	5.8	8:51	4.1	1:00	1.6	2:29	0.7	7:05	4:51	