

Alcatraz Island, CA - Nov 1973

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:59	4.4	2:57	4.9	9:42	3.4	10:07	0.5	6:35	5:11	
2	Fri	5:52	4.4	4:02	4.6	11:04	3.3	11:04	0.7	6:36	5:10	
3	Sat	6:36	4.6	5:15	4.4			12:15	2.9	6:37	5:09	
4	Sun	7:12	4.8	6:30	4.3			1:11	2.4	6:38	5:08	
5	Mon	7:44	5.1	7:40	4.3	12:48	1.0	1:57	1.8	6:39	5:07	
6	Tue	8:14	5.5	8:44	4.4	1:32	1.2	2:37	1.1	6:40	5:06	
7	Wed	8:44	5.8	9:42	4.6	2:13	1.5	3:15	0.5	6:41	5:05	
8	Thu	9:16	6.1	10:38	4.8	2:53	1.8	3:54	-0.2	6:42	5:04	
9	Fri	9:50	6.5	11:32	4.9	3:34	2.1	4:34	-0.7	6:43	5:03	
10	Sat	10:28	6.7			4:16	2.4	5:17	-1.1	6:44	5:02	
11	Sun	12:25	4.9	11:09 AM	6.8	5:00	2.6	6:03	-1.3	6:45	5:01	
12	Mon	1:19	5.0	11:54 AM	6.8	5:47	2.8	6:52	-1.4	6:47	5:00	
13	Tue	2:14	4.9	12:44	6.6	6:40	3.0	7:44	-1.2	6:48	4:59	
14	Wed	3:10	4.9	1:40	6.2	7:41	3.0	8:39	-0.9	6:49	4:59	
15	Thu	4:07	5.0	2:42	5.7	8:54	3.0	9:38	-0.5	6:50	4:58	
16	Fri	5:04	5.1	3:54	5.2	10:20	2.7	10:39	0.0	6:51	4:57	
17	Sat	5:57	5.3	5:14	4.7	11:44	2.3	11:39	0.5	6:52	4:57	
18	Sun	6:46	5.6	6:39	4.4			12:56	1.6	6:53	4:56	
19	Mon	7:30	5.9	8:00	4.4	12:36	0.9	1:56	1.0	6:54	4:55	
20	Tue	8:11	6.1	9:11	4.4	1:29	1.4	2:48	0.4	6:55	4:55	
21	Wed	8:48	6.3	10:13	4.6	2:17	1.9	3:33	-0.1	6:56	4:54	
22	Thu	9:23	6.3	11:07	4.7	3:02	2.3	4:14	-0.4	6:57	4:54	
23	Fri	9:56	6.3	11:56	4.7	3:46	2.6	4:51	-0.6	6:58	4:53	
24	Sat	10:29	6.2			4:27	2.9	5:27	-0.7	6:59	4:53	
25	Sun	12:41	4.8	11:02 AM	6.1	5:07	3.1	6:02	-0.6	7:00	4:52	
26	Mon	1:23	4.7	11:36 AM	6.0	5:47	3.2	6:37	-0.6	7:01	4:52	
27	Tue	2:04	4.7	12:12	5.8	6:28	3.3	7:13	-0.4	7:02	4:52	
28	Wed	2:43	4.6	12:50	5.5	7:11	3.3	7:51	-0.2	7:03	4:51	
29	Thu	3:23	4.6	1:31	5.2	8:00	3.3	8:31	0.0	7:04	4:51	
30	Fri	4:03	4.6	2:19	4.8	9:00	3.2	9:13	0.3	7:05	4:51	