

Alcatraz Island, CA - Nov 1974

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:46	4.8	11:35 AM	6.3	5:27	2.6	6:21	-0.7	6:35	5:11	
2	Sat	1:36	4.8	12:14	6.3	6:08	2.8	7:06	-0.7	6:36	5:10	
3	Sun	2:28	4.7	12:59	6.1	6:54	3.0	7:55	-0.7	6:37	5:09	
4	Mon	3:24	4.7	1:50	5.9	7:51	3.1	8:49	-0.5	6:38	5:08	
5	Tue	4:23	4.7	2:51	5.5	9:01	3.1	9:48	-0.2	6:39	5:07	
6	Wed	5:21	4.8	4:04	5.2	10:26	2.9	10:51	0.1	6:40	5:06	
7	Thu	6:14	5.1	5:25	4.8	11:50	2.4	11:53	0.4	6:41	5:05	
8	Fri	7:02	5.5	6:48	4.7			1:01	1.7	6:42	5:04	
9	Sat	7:45	5.8	8:06	4.7	12:50	0.7	2:00	1.0	6:43	5:03	
10	Sun	8:25	6.2	9:15	4.8	1:43	1.1	2:52	0.3	6:44	5:02	
11	Mon	9:04	6.4	10:16	4.9	2:32	1.5	3:39	-0.3	6:45	5:01	
12	Tue	9:42	6.6	11:13	5.0	3:19	1.9	4:24	-0.7	6:46	5:00	
13	Wed	10:20	6.6			4:04	2.2	5:06	-0.9	6:47	5:00	
14	Thu	12:06	5.0	10:58 AM	6.6	4:49	2.5	5:48	-1.0	6:48	4:59	
15	Fri	12:57	5.0	11:36 AM	6.4	5:35	2.8	6:29	-0.9	6:50	4:58	
16	Sat	1:46	4.9	12:16	6.1	6:22	3.0	7:11	-0.7	6:51	4:57	
17	Sun	2:34	4.8	12:56	5.8	7:11	3.1	7:54	-0.4	6:52	4:57	
18	Mon	3:23	4.7	1:40	5.4	8:06	3.2	8:39	-0.1	6:53	4:56	
19	Tue	4:12	4.7	2:29	5.0	9:11	3.2	9:26	0.3	6:54	4:55	
20	Wed	4:59	4.7	3:26	4.5	10:24	3.0	10:17	0.6	6:55	4:55	
21	Thu	5:44	4.8	4:35	4.1	11:37	2.7	11:09	1.0	6:56	4:54	
22	Fri	6:24	4.9	5:54	3.9			12:41	2.3	6:57	4:54	
23	Sat	6:59	5.2	7:13	3.9	12:00	1.3	1:33	1.7	6:58	4:53	
24	Sun	7:33	5.4	8:24	4.0	12:49	1.7	2:17	1.2	6:59	4:53	
25	Mon	8:06	5.7	9:25	4.2	1:35	2.0	2:56	0.6	7:00	4:52	
26	Tue	8:39	6.0	10:19	4.4	2:18	2.2	3:32	0.1	7:01	4:52	
27	Wed	9:13	6.2	11:08	4.6	2:59	2.5	4:09	-0.4	7:02	4:52	
28	Thu	9:50	6.4	11:55	4.7	3:40	2.7	4:46	-0.8	7:03	4:51	
29	Fri	10:29	6.6			4:22	2.8	5:26	-1.1	7:04	4:51	
30	Sat	12:41	4.8	11:11 AM	6.6	5:06	2.9	6:08	-1.2	7:05	4:51	