

Alcatraz Island, CA - Nov 1975

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	9:20	6.4	10:18	5.2	2:47	1.1	3:43	-0.3	6:34	5:11	
2	Sun	9:59	6.7	11:16	5.3	3:34	1.4	4:31	-0.8	6:35	5:10	
3	Mon	10:40	6.9			4:20	1.8	5:18	-1.1	6:36	5:09	
4	Tue	12:13	5.3	11:22 AM	6.8	5:08	2.1	6:05	-1.2	6:38	5:08	
5	Wed	1:08	5.2	12:06	6.7	5:57	2.4	6:53	-1.1	6:39	5:07	
6	Thu	2:03	5.1	12:52	6.4	6:50	2.7	7:43	-0.8	6:40	5:06	
7	Fri	3:00	5.0	1:42	5.9	7:48	2.9	8:35	-0.5	6:41	5:05	
8	Sat	3:58	4.9	2:36	5.4	8:57	3.0	9:30	-0.1	6:42	5:04	
9	Sun	4:57	4.9	3:37	4.9	10:15	2.9	10:28	0.4	6:43	5:03	
10	Mon	5:53	5.0	4:47	4.5	11:33	2.7	11:26	0.7	6:44	5:02	
11	Tue	6:43	5.1	6:04	4.2			12:41	2.3	6:45	5:01	
12	Wed	7:24	5.2	7:19	4.2	12:22	1.1	1:37	1.8	6:46	5:01	
13	Thu	7:59	5.4	8:25	4.2	1:12	1.4	2:24	1.3	6:47	5:00	
14	Fri	8:30	5.6	9:23	4.3	1:56	1.6	3:05	0.8	6:48	4:59	
15	Sat	8:59	5.7	10:13	4.4	2:36	1.9	3:41	0.4	6:49	4:58	
16	Sun	9:28	5.9	10:59	4.5	3:14	2.2	4:15	0.1	6:50	4:58	
17	Mon	9:58	6.0	11:43	4.6	3:49	2.4	4:47	-0.2	6:51	4:57	
18	Tue	10:29	6.1			4:25	2.6	5:19	-0.4	6:52	4:56	
19	Wed	12:25	4.7	11:03 AM	6.1	5:00	2.8	5:53	-0.5	6:53	4:56	
20	Thu	1:07	4.7	11:39 AM	6.1	5:38	2.9	6:30	-0.6	6:55	4:55	
21	Fri	1:51	4.7	12:18	6.0	6:19	3.0	7:10	-0.6	6:56	4:54	
22	Sat	2:36	4.7	1:01	5.8	7:06	3.1	7:53	-0.6	6:57	4:54	
23	Sun	3:23	4.8	1:51	5.5	8:02	3.0	8:41	-0.4	6:58	4:53	
24	Mon	4:12	4.9	2:50	5.1	9:10	2.9	9:33	0.0	6:59	4:53	
25	Tue	5:01	5.1	4:01	4.7	10:29	2.6	10:30	0.3	7:00	4:53	
26	Wed	5:49	5.3	5:24	4.4	11:47	2.1	11:29	0.8	7:01	4:52	
27	Thu	6:35	5.7	6:51	4.3			12:55	1.4	7:02	4:52	
28	Fri	7:20	6.1	8:12	4.4	12:27	1.2	1:54	0.6	7:03	4:51	
29	Sat	8:04	6.4	9:22	4.6	1:24	1.6	2:46	-0.2	7:04	4:51	
30	Sun	8:47	6.7	10:25	4.8	2:18	1.9	3:35	-0.7	7:05	4:51	