

## Alcatraz Island, CA - Nov 1976

| Date |     | High  |     |          |     | Low   |     |       |      |  |      |    |
|------|-----|-------|-----|----------|-----|-------|-----|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM       | ft  | AM    | ft  | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Mon | 8:05  | 5.5 | 8:09     | 4.6 | 1:12  | 0.8 | 2:13  | 1.4  | 6:35                                                                                | 5:10 |    |
| 2    | Tue | 8:43  | 5.7 | 9:09     | 4.7 | 2:00  | 1.1 | 3:00  | 1.0  | 6:36                                                                                | 5:09 |    |
| 3    | Wed | 9:15  | 5.8 | 10:01    | 4.7 | 2:43  | 1.4 | 3:40  | 0.6  | 6:37                                                                                | 5:08 |    |
| 4    | Thu | 9:44  | 5.8 | 10:49    | 4.7 | 3:22  | 1.7 | 4:16  | 0.3  | 6:38                                                                                | 5:07 |    |
| 5    | Fri | 10:12 | 5.9 | 11:33    | 4.7 | 3:58  | 2.0 | 4:49  | 0.1  | 6:39                                                                                | 5:06 |    |
| 6    | Sat | 10:39 | 5.9 |          |     | 4:32  | 2.3 | 5:21  | -0.1 | 6:40                                                                                | 5:05 |    |
| 7    | Sun | 12:15 | 4.7 | 11:08 AM | 5.9 | 5:06  | 2.5 | 5:52  | -0.1 | 6:41                                                                                | 5:04 |    |
| 8    | Mon | 12:56 | 4.7 | 11:39 AM | 5.8 | 5:40  | 2.7 | 6:25  | -0.2 | 6:43                                                                                | 5:03 |    |
| 9    | Tue | 1:37  | 4.6 | 12:12    | 5.7 | 6:16  | 2.9 | 7:00  | -0.2 | 6:44                                                                                | 5:03 |    |
| 10   | Wed | 2:20  | 4.6 | 12:48    | 5.6 | 6:55  | 3.0 | 7:38  | -0.1 | 6:45                                                                                | 5:02 |    |
| 11   | Thu | 3:05  | 4.5 | 1:29     | 5.4 | 7:41  | 3.1 | 8:21  | 0.0  | 6:46                                                                                | 5:01 |    |
| 12   | Fri | 3:54  | 4.6 | 2:17     | 5.1 | 8:37  | 3.2 | 9:09  | 0.2  | 6:47                                                                                | 5:00 |   |
| 13   | Sat | 4:45  | 4.6 | 3:16     | 4.8 | 9:48  | 3.1 | 10:03 | 0.4  | 6:48                                                                                | 4:59 |  |
| 14   | Sun | 5:35  | 4.8 | 4:27     | 4.5 | 11:06 | 2.8 | 11:00 | 0.6  | 6:49                                                                                | 4:58 |  |
| 15   | Mon | 6:21  | 5.1 | 5:48     | 4.4 |       |     | 12:16 | 2.3  | 6:50                                                                                | 4:58 |  |
| 16   | Tue | 7:04  | 5.4 | 7:08     | 4.4 |       |     | 1:15  | 1.6  | 6:51                                                                                | 4:57 |  |
| 17   | Wed | 7:45  | 5.8 | 8:21     | 4.6 | 12:54 | 1.1 | 2:07  | 0.8  | 6:52                                                                                | 4:56 |  |
| 18   | Thu | 8:25  | 6.2 | 9:27     | 4.8 | 1:46  | 1.3 | 2:55  | 0.0  | 6:53                                                                                | 4:56 |  |
| 19   | Fri | 9:06  | 6.6 | 10:28    | 5.0 | 2:37  | 1.6 | 3:43  | -0.7 | 6:54                                                                                | 4:55 |  |
| 20   | Sat | 9:48  | 6.9 | 11:25    | 5.1 | 3:26  | 1.9 | 4:30  | -1.2 | 6:55                                                                                | 4:55 |  |
| 21   | Sun | 10:33 | 7.0 |          |     | 4:15  | 2.1 | 5:18  | -1.5 | 6:56                                                                                | 4:54 |  |
| 22   | Mon | 12:20 | 5.2 | 11:19 AM | 7.0 | 5:06  | 2.3 | 6:06  | -1.5 | 6:57                                                                                | 4:54 |  |
| 23   | Tue | 1:13  | 5.3 | 12:07    | 6.8 | 5:59  | 2.5 | 6:55  | -1.4 | 6:58                                                                                | 4:53 |  |
| 24   | Wed | 2:06  | 5.3 | 12:58    | 6.5 | 6:56  | 2.6 | 7:45  | -1.1 | 6:59                                                                                | 4:53 |  |
| 25   | Thu | 3:00  | 5.2 | 1:52     | 5.9 | 7:59  | 2.7 | 8:37  | -0.7 | 7:01                                                                                | 4:52 |  |
| 26   | Fri | 3:55  | 5.2 | 2:50     | 5.4 | 9:11  | 2.7 | 9:31  | -0.1 | 7:02                                                                                | 4:52 |  |
| 27   | Sat | 4:49  | 5.3 | 3:57     | 4.8 | 10:30 | 2.5 | 10:28 | 0.4  | 7:03                                                                                | 4:52 |  |
| 28   | Sun | 5:43  | 5.4 | 5:13     | 4.3 | 11:47 | 2.2 | 11:26 | 0.9  | 7:03                                                                                | 4:51 |  |
| 29   | Mon | 6:32  | 5.5 | 6:35     | 4.1 |       |     | 12:55 | 1.7  | 7:04                                                                                | 4:51 |  |
| 30   | Tue | 7:16  | 5.6 | 7:54     | 4.1 | 12:22 | 1.3 | 1:52  | 1.2  | 7:05                                                                                | 4:51 |  |