

Alcatraz Island, CA - Nov 1977

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:52	4.5	2:16	5.1	8:40	3.2	9:10	0.5	6:35	5:11	
2	Wed	4:47	4.4	3:09	4.8	9:50	3.2	10:04	0.7	6:36	5:10	
3	Thu	5:42	4.5	4:14	4.5	11:08	3.1	11:03	0.8	6:37	5:09	
4	Fri	6:31	4.7	5:27	4.4			12:17	2.7	6:38	5:08	
5	Sat	7:13	5.0	6:41	4.4	12:00	0.9	1:12	2.2	6:39	5:07	
6	Sun	7:50	5.3	7:49	4.5	12:53	1.0	1:58	1.6	6:40	5:06	
7	Mon	8:25	5.6	8:51	4.7	1:40	1.1	2:40	1.0	6:41	5:05	
8	Tue	9:00	6.0	9:48	4.9	2:25	1.3	3:21	0.3	6:42	5:04	
9	Wed	9:36	6.3	10:43	5.0	3:08	1.5	4:03	-0.3	6:43	5:03	
10	Thu	10:14	6.6	11:37	5.2	3:52	1.7	4:46	-0.8	6:44	5:02	
11	Fri	10:54	6.8			4:37	1.9	5:32	-1.1	6:46	5:01	
12	Sat	12:31	5.2	11:38 AM	6.8	5:24	2.2	6:20	-1.3	6:47	5:00	
13	Sun	1:25	5.2	12:25	6.7	6:14	2.4	7:10	-1.3	6:48	4:59	
14	Mon	2:21	5.2	1:17	6.4	7:10	2.6	8:03	-1.0	6:49	4:59	
15	Tue	3:19	5.2	2:14	6.0	8:15	2.7	8:59	-0.7	6:50	4:58	
16	Wed	4:18	5.2	3:18	5.5	9:32	2.7	10:00	-0.2	6:51	4:57	
17	Thu	5:18	5.3	4:32	5.0	10:57	2.4	11:03	0.2	6:52	4:57	
18	Fri	6:15	5.5	5:52	4.6			12:16	2.0	6:53	4:56	
19	Sat	7:06	5.7	7:12	4.5	12:05	0.6	1:23	1.5	6:54	4:55	
20	Sun	7:52	5.9	8:25	4.5	1:02	1.0	2:19	0.9	6:55	4:55	
21	Mon	8:32	6.0	9:27	4.6	1:54	1.4	3:06	0.5	6:56	4:54	
22	Tue	9:09	6.1	10:22	4.7	2:40	1.7	3:48	0.1	6:57	4:54	
23	Wed	9:42	6.1	11:11	4.7	3:23	2.0	4:26	-0.1	6:58	4:53	
24	Thu	10:13	6.1	11:56	4.8	4:03	2.3	5:00	-0.3	6:59	4:53	
25	Fri	10:44	6.1			4:42	2.5	5:33	-0.4	7:00	4:52	
26	Sat	12:38	4.8	11:16 AM	6.0	5:20	2.7	6:06	-0.4	7:01	4:52	
27	Sun	1:18	4.7	11:48 AM	5.8	5:58	2.9	6:39	-0.3	7:02	4:52	
28	Mon	1:57	4.7	12:23	5.7	6:37	3.0	7:14	-0.2	7:03	4:51	
29	Tue	2:37	4.7	1:00	5.4	7:20	3.1	7:51	-0.1	7:04	4:51	
30	Wed	3:17	4.7	1:42	5.1	8:09	3.1	8:31	0.1	7:05	4:51	