

Alcatraz Island, CA - Nov 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	11:23	6.3			5:05	1.9	5:52	-0.5	6:35	5:11	●
2	Thu	12:47	5.0	12:00	6.3	5:45	2.2	6:35	-0.7	6:36	5:10	●
3	Fri	1:40	5.0	12:42	6.3	6:30	2.4	7:23	-0.7	6:37	5:09	●
4	Sat	2:35	4.9	1:29	6.1	7:21	2.7	8:15	-0.6	6:38	5:08	◐
5	Sun	3:35	4.9	2:25	5.8	8:22	2.8	9:13	-0.4	6:39	5:07	◐
6	Mon	4:38	4.9	3:30	5.4	9:38	2.9	10:16	-0.1	6:40	5:06	◐
7	Tue	5:40	5.1	4:45	5.1	11:05	2.7	11:22	0.1	6:41	5:05	◐
8	Wed	6:38	5.3	6:06	4.9			12:25	2.2	6:42	5:04	◐
9	Thu	7:28	5.6	7:23	4.8	12:25	0.4	1:31	1.6	6:43	5:03	◐
10	Fri	8:13	5.9	8:33	4.9	1:22	0.6	2:27	0.9	6:44	5:02	◐
11	Sat	8:54	6.2	9:36	5.0	2:14	0.9	3:16	0.4	6:45	5:01	○
12	Sun	9:32	6.3	10:32	5.0	3:01	1.2	4:00	-0.1	6:46	5:00	○
13	Mon	10:09	6.4	11:25	5.1	3:45	1.6	4:42	-0.4	6:47	5:00	○
14	Tue	10:44	6.4			4:28	1.9	5:22	-0.5	6:48	4:59	○
15	Wed	12:15	5.0	11:19 AM	6.2	5:10	2.2	6:00	-0.5	6:50	4:58	○
16	Thu	1:03	5.0	11:53 AM	6.1	5:53	2.5	6:38	-0.5	6:51	4:57	○
17	Fri	1:50	4.9	12:28	5.8	6:37	2.8	7:17	-0.3	6:52	4:57	○
18	Sat	2:37	4.8	1:05	5.5	7:23	3.0	7:57	-0.1	6:53	4:56	○
19	Sun	3:25	4.7	1:47	5.2	8:16	3.1	8:41	0.2	6:54	4:55	○
20	Mon	4:14	4.7	2:34	4.8	9:19	3.1	9:29	0.4	6:55	4:55	○
21	Tue	5:04	4.7	3:32	4.5	10:33	3.0	10:21	0.7	6:56	4:54	○
22	Wed	5:52	4.8	4:41	4.2	11:45	2.8	11:16	1.0	6:57	4:54	○
23	Thu	6:35	5.0	5:57	4.0			12:46	2.3	6:58	4:53	◐
24	Fri	7:14	5.2	7:12	4.0	12:10	1.2	1:36	1.8	6:59	4:53	◐
25	Sat	7:50	5.5	8:19	4.2	1:00	1.4	2:19	1.3	7:00	4:52	◐
26	Sun	8:24	5.8	9:18	4.4	1:46	1.6	2:58	0.7	7:01	4:52	◐
27	Mon	8:59	6.1	10:12	4.6	2:30	1.8	3:36	0.1	7:02	4:52	◐
28	Tue	9:35	6.3	11:03	4.8	3:12	2.0	4:14	-0.4	7:03	4:51	◐
29	Wed	10:12	6.5	11:53	4.9	3:55	2.2	4:54	-0.8	7:04	4:51	◐
30	Thu	10:53	6.7			4:39	2.4	5:37	-1.1	7:05	4:51	●