

Alcatraz Island, CA - Nov 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:11	6.1	9:38	5.4	2:29	0.5	3:18	0.5	6:34	5:11	
2	Fri	9:50	6.4	10:36	5.4	3:16	0.8	4:06	-0.1	6:35	5:10	
3	Sat	10:29	6.5	11:32	5.4	4:02	1.1	4:52	-0.5	6:36	5:09	
4	Sun	11:07	6.6			4:47	1.5	5:37	-0.8	6:38	5:08	
5	Mon	12:27	5.3	11:47 AM	6.5	5:33	1.9	6:23	-0.8	6:39	5:07	
6	Tue	1:22	5.2	12:27	6.3	6:21	2.2	7:09	-0.7	6:40	5:06	
7	Wed	2:17	5.1	1:09	6.0	7:12	2.6	7:57	-0.5	6:41	5:05	
8	Thu	3:15	5.0	1:55	5.6	8:09	2.9	8:47	-0.1	6:42	5:04	
9	Fri	4:15	4.9	2:45	5.2	9:16	3.0	9:42	0.2	6:43	5:03	
10	Sat	5:16	4.8	3:45	4.8	10:34	3.0	10:41	0.5	6:44	5:02	
11	Sun	6:14	4.9	4:54	4.4	11:49	2.8	11:41	0.8	6:45	5:01	
12	Mon	7:03	5.0	6:08	4.3			12:53	2.4	6:46	5:01	
13	Tue	7:43	5.2	7:19	4.2	12:37	1.0	1:46	2.0	6:47	5:00	
14	Wed	8:17	5.3	8:21	4.3	1:26	1.2	2:30	1.5	6:48	4:59	
15	Thu	8:47	5.5	9:15	4.4	2:09	1.4	3:09	1.1	6:49	4:58	
16	Fri	9:16	5.7	10:05	4.5	2:47	1.6	3:44	0.6	6:50	4:58	
17	Sat	9:45	5.9	10:51	4.6	3:23	1.8	4:18	0.3	6:51	4:57	
18	Sun	10:15	6.0	11:36	4.7	3:58	2.0	4:50	-0.1	6:52	4:56	
19	Mon	10:47	6.1			4:33	2.2	5:24	-0.4	6:54	4:56	
20	Tue	12:21	4.8	11:21 AM	6.2	5:09	2.5	6:01	-0.6	6:55	4:55	
21	Wed	1:07	4.8	11:57 AM	6.2	5:49	2.6	6:41	-0.7	6:56	4:54	
22	Thu	1:55	4.8	12:38	6.1	6:33	2.8	7:24	-0.7	6:57	4:54	
23	Fri	2:45	4.8	1:23	5.8	7:23	2.9	8:13	-0.6	6:58	4:53	
24	Sat	3:39	4.9	2:17	5.5	8:24	3.0	9:06	-0.4	6:59	4:53	
25	Sun	4:34	5.0	3:21	5.2	9:39	2.9	10:04	-0.1	7:00	4:53	
26	Mon	5:30	5.2	4:37	4.8	11:03	2.6	11:06	0.2	7:01	4:52	
27	Tue	6:22	5.4	6:01	4.6			12:20	2.1	7:02	4:52	
28	Wed	7:11	5.8	7:22	4.6	12:07	0.6	1:26	1.4	7:03	4:51	
29	Thu	7:55	6.1	8:36	4.7	1:05	0.9	2:21	0.6	7:04	4:51	
30	Fri	8:38	6.4	9:41	4.8	1:59	1.2	3:12	0.0	7:05	4:51	