

Alcatraz Island, CA - Nov 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:52	5.3	7:12	4.7	12:43	0.5	1:37	2.1	6:35	5:10	
2	Sun	8:33	5.4	8:16	4.7	1:36	0.7	2:28	1.7	6:36	5:09	
3	Mon	9:07	5.5	9:11	4.7	2:21	0.9	3:11	1.3	6:37	5:08	
4	Tue	9:36	5.6	10:00	4.7	3:00	1.2	3:48	0.9	6:38	5:07	
5	Wed	10:03	5.7	10:46	4.7	3:36	1.4	4:23	0.6	6:39	5:06	
6	Thu	10:29	5.8	11:29	4.7	4:09	1.7	4:55	0.3	6:40	5:05	
7	Fri	10:55	5.8			4:40	2.0	5:26	0.1	6:42	5:04	
8	Sat	12:11	4.7	11:22 AM	5.8	5:12	2.3	5:58	0.0	6:43	5:03	
9	Sun	12:53	4.7	11:51 AM	5.8	5:45	2.5	6:31	-0.1	6:44	5:03	
10	Mon	1:37	4.6	12:23	5.7	6:20	2.8	7:08	-0.2	6:45	5:02	
11	Tue	2:24	4.6	12:59	5.6	6:59	3.0	7:49	-0.2	6:46	5:01	
12	Wed	3:15	4.5	1:41	5.4	7:46	3.2	8:36	-0.1	6:47	5:00	
13	Thu	4:11	4.6	2:32	5.2	8:46	3.3	9:30	0.0	6:48	4:59	
14	Fri	5:09	4.6	3:36	4.9	10:04	3.2	10:29	0.2	6:49	4:58	
15	Sat	6:04	4.8	4:52	4.7	11:27	2.9	11:31	0.3	6:50	4:58	
16	Sun	6:52	5.1	6:13	4.7			12:38	2.4	6:51	4:57	
17	Mon	7:35	5.5	7:30	4.7	12:31	0.4	1:36	1.6	6:52	4:56	
18	Tue	8:16	5.9	8:40	4.9	1:25	0.6	2:28	0.9	6:53	4:56	
19	Wed	8:55	6.3	9:45	5.0	2:16	0.9	3:17	0.1	6:54	4:55	
20	Thu	9:34	6.6	10:45	5.2	3:05	1.2	4:04	-0.5	6:55	4:55	
21	Fri	10:15	6.8	11:42	5.3	3:53	1.5	4:51	-1.0	6:56	4:54	
22	Sat	10:57	6.9			4:41	1.9	5:38	-1.3	6:57	4:54	
23	Sun	12:38	5.3	11:40 AM	6.8	5:30	2.2	6:26	-1.3	6:58	4:53	
24	Mon	1:34	5.3	12:25	6.6	6:22	2.5	7:14	-1.2	7:00	4:53	
25	Tue	2:30	5.2	1:13	6.2	7:18	2.7	8:05	-0.9	7:01	4:52	
26	Wed	3:26	5.2	2:04	5.7	8:22	2.9	8:58	-0.5	7:02	4:52	
27	Thu	4:24	5.1	3:01	5.2	9:35	2.9	9:53	0.0	7:03	4:52	
28	Fri	5:22	5.1	4:06	4.7	10:54	2.8	10:52	0.4	7:04	4:51	
29	Sat	6:16	5.2	5:21	4.3			12:08	2.5	7:04	4:51	
30	Sun	7:03	5.3	6:39	4.1			1:11	2.0	7:05	4:51	