

Alcatraz Island, CA - Nov 1981

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:07	4.4	1:34	5.3	7:41	3.2	8:30	0.3	6:35	5:11	
2	Mon	4:05	4.4	2:18	5.1	8:34	3.4	9:21	0.4	6:36	5:10	
3	Tue	5:08	4.4	3:13	4.8	9:49	3.5	10:19	0.5	6:37	5:09	
4	Wed	6:08	4.5	4:21	4.7	11:16	3.4	11:21	0.5	6:38	5:07	
5	Thu	6:57	4.7	5:36	4.6			12:27	3.0	6:39	5:06	
6	Fri	7:38	5.0	6:50	4.6	12:20	0.5	1:22	2.5	6:40	5:05	
7	Sat	8:14	5.3	7:57	4.8	1:13	0.5	2:08	1.8	6:41	5:05	
8	Sun	8:48	5.6	9:00	5.0	2:00	0.6	2:51	1.1	6:42	5:04	
9	Mon	9:22	6.0	9:59	5.1	2:45	0.8	3:34	0.4	6:43	5:03	
10	Tue	9:57	6.4	10:56	5.3	3:28	1.0	4:18	-0.3	6:44	5:02	
11	Wed	10:34	6.6	11:53	5.3	4:12	1.4	5:04	-0.8	6:46	5:01	
12	Thu	11:14	6.8			4:57	1.8	5:51	-1.2	6:47	5:00	
13	Fri	12:51	5.3	11:56 AM	6.8	5:44	2.2	6:41	-1.3	6:48	4:59	
14	Sat	1:49	5.2	12:43	6.7	6:36	2.5	7:33	-1.2	6:49	4:59	
15	Sun	2:50	5.1	1:34	6.4	7:33	2.8	8:29	-1.0	6:50	4:58	
16	Mon	3:53	5.1	2:31	5.9	8:42	3.0	9:29	-0.6	6:51	4:57	
17	Tue	4:58	5.1	3:37	5.4	10:05	3.0	10:34	-0.2	6:52	4:57	
18	Wed	6:00	5.2	4:52	4.9	11:30	2.7	11:38	0.2	6:53	4:56	
19	Thu	6:56	5.4	6:12	4.6			12:44	2.3	6:54	4:55	
20	Fri	7:43	5.6	7:28	4.5	12:38	0.5	1:46	1.7	6:55	4:55	
21	Sat	8:23	5.8	8:36	4.5	1:31	0.8	2:37	1.2	6:56	4:54	
22	Sun	8:59	5.9	9:36	4.5	2:17	1.2	3:21	0.7	6:57	4:54	
23	Mon	9:30	5.9	10:28	4.6	2:59	1.5	4:00	0.4	6:58	4:53	
24	Tue	9:58	6.0	11:16	4.6	3:37	1.9	4:35	0.1	6:59	4:53	
25	Wed	10:25	6.0			4:13	2.2	5:08	-0.1	7:00	4:52	
26	Thu	12:01	4.6	10:53 AM	6.0	4:48	2.5	5:40	-0.3	7:01	4:52	
27	Fri	12:43	4.7	11:21 AM	5.9	5:22	2.8	6:12	-0.3	7:02	4:52	
28	Sat	1:25	4.6	11:52 AM	5.8	5:58	3.0	6:45	-0.3	7:03	4:51	
29	Sun	2:06	4.6	12:26	5.7	6:35	3.2	7:22	-0.3	7:04	4:51	
30	Mon	2:50	4.6	1:03	5.5	7:17	3.3	8:02	-0.2	7:05	4:51	