

Alcatraz Island, CA - Nov 1983

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	9:02	5.8	8:57	5.3	2:09	0.2	2:54	1.2	6:34	5:11	
2	Wed	9:37	6.1	9:59	5.3	2:55	0.4	3:42	0.5	6:35	5:10	
3	Thu	10:12	6.3	10:57	5.3	3:38	0.8	4:27	-0.1	6:37	5:09	
4	Fri	10:46	6.4	11:53	5.2	4:20	1.3	5:11	-0.5	6:38	5:08	
5	Sat	11:20	6.5			5:01	1.8	5:55	-0.7	6:39	5:07	
6	Sun	12:48	5.1	11:54 AM	6.4	5:43	2.3	6:38	-0.7	6:40	5:06	
7	Mon	1:44	4.9	12:29	6.2	6:27	2.7	7:22	-0.6	6:41	5:05	
8	Tue	2:42	4.8	1:07	5.9	7:16	3.1	8:08	-0.4	6:42	5:04	
9	Wed	3:43	4.7	1:49	5.5	8:13	3.4	8:59	-0.1	6:43	5:03	
10	Thu	4:47	4.6	2:39	5.1	9:25	3.5	9:55	0.2	6:44	5:02	
11	Fri	5:51	4.6	3:40	4.7	10:49	3.5	10:56	0.4	6:45	5:01	
12	Sat	6:45	4.7	4:51	4.4			12:06	3.2	6:46	5:01	
13	Sun	7:27	4.9	6:06	4.3			1:06	2.8	6:47	5:00	
14	Mon	8:00	5.0	7:17	4.3	12:48	0.8	1:56	2.2	6:48	4:59	
15	Tue	8:28	5.2	8:19	4.3	1:33	0.9	2:37	1.7	6:49	4:58	
16	Wed	8:54	5.5	9:15	4.4	2:13	1.1	3:14	1.2	6:50	4:58	
17	Thu	9:20	5.7	10:07	4.5	2:49	1.4	3:48	0.7	6:51	4:57	
18	Fri	9:47	5.9	10:57	4.6	3:24	1.7	4:21	0.2	6:52	4:56	
19	Sat	10:16	6.2	11:47	4.7	3:59	2.0	4:55	-0.3	6:54	4:56	
20	Sun	10:47	6.3			4:35	2.4	5:32	-0.6	6:55	4:55	
21	Mon	12:37	4.8	11:21 AM	6.4	5:13	2.7	6:12	-0.9	6:56	4:54	
22	Tue	1:29	4.8	11:59 AM	6.4	5:55	3.0	6:56	-1.0	6:57	4:54	
23	Wed	2:23	4.8	12:43	6.3	6:42	3.2	7:45	-1.0	6:58	4:53	
24	Thu	3:21	4.8	1:33	6.1	7:37	3.3	8:39	-0.8	6:59	4:53	
25	Fri	4:20	4.8	2:32	5.7	8:47	3.4	9:38	-0.6	7:00	4:52	
26	Sat	5:19	4.9	3:42	5.3	10:13	3.2	10:41	-0.2	7:01	4:52	
27	Sun	6:13	5.2	5:04	4.9	11:40	2.7	11:43	0.1	7:02	4:52	
28	Mon	7:01	5.5	6:29	4.6			12:54	2.1	7:03	4:51	
29	Tue	7:43	5.8	7:50	4.6	12:41	0.5	1:55	1.3	7:04	4:51	
30	Wed	8:23	6.1	9:02	4.6	1:34	0.9	2:48	0.5	7:05	4:51	