

Alcatraz Island, CA - Nov 1984

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:34	5.0	6:09	4.7	12:02	0.3	12:58	2.9	6:35	5:10	
2	Fri	8:15	5.1	7:19	4.6	1:00	0.5	1:54	2.4	6:36	5:09	
3	Sat	8:48	5.3	8:21	4.6	1:48	0.7	2:39	1.9	6:37	5:08	
4	Sun	9:15	5.4	9:15	4.6	2:28	0.9	3:19	1.4	6:38	5:07	
5	Mon	9:39	5.5	10:04	4.6	3:04	1.1	3:54	0.9	6:39	5:06	
6	Tue	10:01	5.7	10:51	4.6	3:36	1.5	4:27	0.6	6:40	5:05	
7	Wed	10:24	5.8	11:37	4.6	4:07	1.8	4:58	0.2	6:42	5:04	
8	Thu	10:48	5.9			4:37	2.2	5:29	0.0	6:43	5:03	
9	Fri	12:22	4.6	11:15 AM	6.0	5:08	2.6	6:01	-0.2	6:44	5:02	
10	Sat	1:09	4.6	11:44 AM	6.0	5:41	2.9	6:37	-0.4	6:45	5:02	
11	Sun	1:58	4.5	12:17	5.9	6:17	3.2	7:17	-0.4	6:46	5:01	
12	Mon	2:52	4.5	12:56	5.8	6:58	3.4	8:03	-0.4	6:47	5:00	
13	Tue	3:51	4.5	1:42	5.6	7:50	3.6	8:56	-0.3	6:48	4:59	
14	Wed	4:53	4.5	2:39	5.4	9:00	3.6	9:56	-0.2	6:49	4:58	
15	Thu	5:51	4.6	3:50	5.1	10:29	3.5	10:59	-0.1	6:50	4:58	
16	Fri	6:40	4.9	5:12	4.8	11:55	3.0			6:51	4:57	
17	Sat	7:22	5.2	6:35	4.7	12:01	0.1	1:03	2.3	6:52	4:56	
18	Sun	8:00	5.6	7:53	4.8	12:56	0.3	1:59	1.5	6:53	4:56	
19	Mon	8:35	6.0	9:04	4.8	1:47	0.7	2:50	0.6	6:54	4:55	
20	Tue	9:11	6.4	10:10	4.9	2:34	1.1	3:38	-0.2	6:55	4:55	
21	Wed	9:47	6.7	11:11	5.0	3:20	1.5	4:25	-0.8	6:56	4:54	
22	Thu	10:24	6.9			4:05	2.0	5:11	-1.2	6:57	4:54	
23	Fri	12:10	5.1	11:04 AM	6.9	4:52	2.5	5:57	-1.4	6:59	4:53	
24	Sat	1:07	5.1	11:45 AM	6.8	5:40	2.8	6:43	-1.3	7:00	4:53	
25	Sun	2:04	5.0	12:28	6.5	6:31	3.1	7:31	-1.1	7:01	4:52	
26	Mon	3:01	5.0	1:14	6.0	7:28	3.3	8:21	-0.8	7:02	4:52	
27	Tue	3:59	4.9	2:04	5.6	8:35	3.4	9:14	-0.4	7:03	4:51	
28	Wed	4:57	4.9	3:01	5.0	9:53	3.4	10:10	0.0	7:04	4:51	
29	Thu	5:51	4.9	4:07	4.6	11:13	3.1	11:06	0.4	7:05	4:51	
30	Fri	6:38	5.0	5:23	4.2			12:24	2.7	7:05	4:51	