

Alcatraz Island, CA - Nov 1986

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:23	6.3	11:35	5.0	3:59	1.5	4:51	-0.5	6:35	5:11	
2	Sun	10:55	6.6			4:38	2.0	5:35	-0.9	6:36	5:10	
3	Mon	12:33	5.0	11:31 AM	6.7	5:18	2.4	6:22	-1.2	6:37	5:09	
4	Tue	1:33	4.9	12:12	6.7	6:02	2.9	7:13	-1.3	6:38	5:08	
5	Wed	2:36	4.8	1:00	6.6	6:52	3.2	8:08	-1.1	6:39	5:07	
6	Thu	3:43	4.7	1:55	6.2	7:53	3.4	9:10	-0.8	6:40	5:06	
7	Fri	4:53	4.7	3:00	5.8	9:14	3.5	10:17	-0.5	6:41	5:05	
8	Sat	5:58	4.9	4:17	5.4	10:51	3.3	11:25	-0.2	6:42	5:04	
9	Sun	6:54	5.1	5:39	5.0			12:17	2.8	6:43	5:03	
10	Mon	7:40	5.4	7:00	4.8	12:27	0.1	1:26	2.1	6:44	5:02	
11	Tue	8:19	5.6	8:13	4.7	1:21	0.4	2:23	1.5	6:45	5:01	
12	Wed	8:53	5.9	9:18	4.6	2:07	0.8	3:11	0.8	6:46	5:00	
13	Thu	9:24	6.0	10:17	4.6	2:49	1.3	3:53	0.3	6:47	5:00	
14	Fri	9:52	6.1	11:11	4.7	3:27	1.7	4:31	-0.1	6:49	4:59	
15	Sat	10:19	6.1			4:04	2.2	5:06	-0.3	6:50	4:58	
16	Sun	12:02	4.7	10:45 AM	6.1	4:40	2.7	5:40	-0.4	6:51	4:57	
17	Mon	12:51	4.7	11:12 AM	6.0	5:16	3.0	6:14	-0.5	6:52	4:57	
18	Tue	1:38	4.6	11:41 AM	5.9	5:54	3.3	6:49	-0.4	6:53	4:56	
19	Wed	2:26	4.6	12:15	5.8	6:33	3.5	7:27	-0.3	6:54	4:55	
20	Thu	3:15	4.5	12:53	5.5	7:16	3.6	8:09	-0.1	6:55	4:55	
21	Fri	4:06	4.4	1:36	5.3	8:09	3.7	8:56	0.0	6:56	4:54	
22	Sat	4:58	4.4	2:28	5.0	9:18	3.7	9:47	0.2	6:57	4:54	
23	Sun	5:45	4.5	3:29	4.6	10:41	3.5	10:41	0.4	6:58	4:53	
24	Mon	6:25	4.7	4:42	4.3	11:56	3.1	11:34	0.6	6:59	4:53	
25	Tue	6:59	5.0	6:02	4.2			12:54	2.5	7:00	4:52	
26	Wed	7:30	5.3	7:21	4.2	12:23	0.8	1:42	1.8	7:01	4:52	
27	Thu	8:00	5.7	8:34	4.3	1:10	1.2	2:26	1.0	7:02	4:52	
28	Fri	8:31	6.1	9:41	4.5	1:54	1.6	3:08	0.2	7:03	4:51	
29	Sat	9:04	6.5	10:43	4.7	2:38	2.0	3:51	-0.6	7:04	4:51	
30	Sun	9:41	6.8	11:42	4.8	3:23	2.4	4:36	-1.2	7:05	4:51	