

Alcatraz Island, CA - Nov 1987

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:31	5.6	8:21	5.0	1:34	0.2	2:25	1.5	6:34	5:11	
2	Mon	9:05	5.9	9:26	5.0	2:21	0.5	3:15	0.7	6:35	5:10	
3	Tue	9:38	6.2	10:27	5.0	3:03	1.0	4:00	0.1	6:37	5:09	
4	Wed	10:09	6.4	11:24	5.0	3:44	1.5	4:43	-0.4	6:38	5:08	
5	Thu	10:40	6.5			4:24	2.0	5:24	-0.7	6:39	5:07	
6	Fri	12:20	4.9	11:12 AM	6.4	5:04	2.5	6:04	-0.8	6:40	5:06	
7	Sat	1:14	4.8	11:44 AM	6.3	5:45	2.9	6:45	-0.7	6:41	5:05	
8	Sun	2:09	4.7	12:19	6.0	6:29	3.3	7:27	-0.5	6:42	5:04	
9	Mon	3:05	4.6	12:57	5.7	7:17	3.5	8:12	-0.3	6:43	5:03	
10	Tue	4:04	4.5	1:40	5.4	8:14	3.7	9:03	0.0	6:44	5:02	
11	Wed	5:05	4.5	2:32	5.0	9:28	3.7	9:58	0.3	6:45	5:01	
12	Thu	6:01	4.5	3:34	4.7	10:51	3.5	10:57	0.5	6:46	5:01	
13	Fri	6:46	4.6	4:46	4.4			12:04	3.2	6:47	5:00	
14	Sat	7:20	4.8	6:02	4.2			1:03	2.7	6:48	4:59	
15	Sun	7:49	5.0	7:15	4.1	12:41	0.9	1:51	2.1	6:49	4:58	
16	Mon	8:14	5.3	8:21	4.2	1:23	1.1	2:32	1.5	6:50	4:58	
17	Tue	8:40	5.6	9:22	4.3	2:01	1.4	3:09	0.8	6:51	4:57	
18	Wed	9:06	5.9	10:18	4.4	2:38	1.8	3:44	0.2	6:53	4:56	
19	Thu	9:34	6.2	11:12	4.6	3:14	2.2	4:20	-0.3	6:54	4:56	
20	Fri	10:06	6.4			3:51	2.5	4:59	-0.8	6:55	4:55	
21	Sat	12:06	4.7	10:41 AM	6.6	4:31	2.9	5:40	-1.1	6:56	4:54	
22	Sun	12:59	4.8	11:20 AM	6.7	5:13	3.1	6:25	-1.3	6:57	4:54	
23	Mon	1:53	4.8	12:04	6.6	5:59	3.3	7:14	-1.3	6:58	4:53	
24	Tue	2:48	4.7	12:55	6.4	6:52	3.4	8:07	-1.2	6:59	4:53	
25	Wed	3:45	4.7	1:52	6.1	7:57	3.5	9:03	-0.9	7:00	4:52	
26	Thu	4:42	4.8	2:57	5.6	9:18	3.3	10:03	-0.5	7:01	4:52	
27	Fri	5:35	5.0	4:14	5.0	10:49	3.0	11:02	-0.1	7:02	4:52	
28	Sat	6:23	5.3	5:39	4.6			12:12	2.3	7:03	4:51	
29	Sun	7:06	5.7	7:06	4.3	12:00	0.4	1:21	1.5	7:04	4:51	
30	Mon	7:45	6.0	8:26	4.3	12:53	1.0	2:18	0.8	7:05	4:51	