

Alcatraz Island, CA - Nov 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:56	4.4	12:10	5.8	6:10	3.3	7:13	-0.2	6:35	5:11	
2	Thu	2:46	4.4	12:47	5.7	6:47	3.5	7:56	-0.1	6:36	5:09	
3	Fri	3:42	4.3	1:30	5.5	7:32	3.6	8:45	-0.1	6:37	5:08	
4	Sat	4:42	4.3	2:22	5.2	8:35	3.7	9:41	0.0	6:38	5:07	
5	Sun	5:38	4.4	3:27	5.0	10:01	3.6	10:41	0.1	6:39	5:06	
6	Mon	6:25	4.6	4:43	4.8	11:30	3.2	11:40	0.3	6:40	5:05	
7	Tue	7:04	4.9	6:05	4.6			12:40	2.6	6:41	5:04	
8	Wed	7:38	5.3	7:24	4.6	12:34	0.4	1:36	1.8	6:42	5:04	
9	Thu	8:11	5.7	8:37	4.7	1:23	0.7	2:26	0.9	6:43	5:03	
10	Fri	8:45	6.2	9:44	4.9	2:10	1.1	3:13	0.0	6:45	5:02	
11	Sat	9:20	6.6	10:48	5.0	2:55	1.6	4:00	-0.7	6:46	5:01	
12	Sun	9:58	6.9	11:48	5.1	3:40	2.0	4:47	-1.3	6:47	5:00	
13	Mon	10:38	7.1			4:27	2.5	5:35	-1.6	6:48	4:59	
14	Tue	12:46	5.1	11:22 AM	7.1	5:15	2.8	6:25	-1.6	6:49	4:59	
15	Wed	1:44	5.0	12:10	6.9	6:07	3.1	7:16	-1.4	6:50	4:58	
16	Thu	2:42	5.0	1:00	6.5	7:05	3.2	8:09	-1.1	6:51	4:57	
17	Fri	3:41	4.9	1:55	6.0	8:12	3.3	9:06	-0.6	6:52	4:56	
18	Sat	4:40	4.9	2:56	5.4	9:30	3.2	10:04	-0.2	6:53	4:56	
19	Sun	5:36	5.0	4:05	4.8	10:54	3.0	11:02	0.3	6:54	4:55	
20	Mon	6:26	5.1	5:23	4.4			12:10	2.5	6:55	4:55	
21	Tue	7:09	5.3	6:45	4.1			1:14	2.0	6:56	4:54	
22	Wed	7:44	5.5	8:02	4.0	12:48	1.2	2:07	1.4	6:57	4:54	
23	Thu	8:15	5.6	9:10	4.1	1:34	1.6	2:52	0.8	6:58	4:53	
24	Fri	8:43	5.8	10:08	4.2	2:15	2.0	3:30	0.4	6:59	4:53	
25	Sat	9:09	5.9	11:00	4.4	2:53	2.4	4:05	0.0	7:00	4:52	
26	Sun	9:37	6.0	11:46	4.5	3:30	2.8	4:38	-0.3	7:01	4:52	
27	Mon	10:06	6.1			4:06	3.1	5:11	-0.4	7:02	4:52	
28	Tue	12:29	4.5	10:38 AM	6.1	4:41	3.3	5:44	-0.6	7:03	4:51	
29	Wed	1:10	4.6	11:12 AM	6.1	5:17	3.4	6:19	-0.6	7:04	4:51	
30	Thu	1:51	4.6	11:49 AM	6.0	5:54	3.5	6:57	-0.7	7:05	4:51	