

Alcatraz Island, CA - Nov 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:42	6.4	11:01	5.0	3:20	1.6	4:16	-0.5	6:35	5:11	
2	Fri	10:17	6.7	11:59	5.1	4:01	2.0	5:00	-1.0	6:36	5:10	
3	Sat	10:56	6.9			4:44	2.4	5:47	-1.3	6:37	5:09	
4	Sun	12:57	5.0	11:39 AM	6.9	5:30	2.7	6:37	-1.4	6:38	5:08	
5	Mon	1:55	5.0	12:27	6.8	6:20	3.0	7:30	-1.3	6:39	5:07	
6	Tue	2:56	4.9	1:20	6.5	7:18	3.2	8:27	-1.0	6:40	5:06	
7	Wed	3:59	4.8	2:20	6.1	8:27	3.2	9:29	-0.6	6:41	5:05	
8	Thu	5:01	4.9	3:28	5.5	9:53	3.1	10:33	-0.2	6:42	5:04	
9	Fri	6:00	5.1	4:45	5.0	11:21	2.8	11:36	0.2	6:43	5:03	
10	Sat	6:51	5.3	6:08	4.6			12:38	2.2	6:44	5:02	
11	Sun	7:35	5.5	7:28	4.5	12:33	0.6	1:41	1.6	6:45	5:01	
12	Mon	8:13	5.8	8:39	4.4	1:24	1.0	2:34	1.0	6:46	5:00	
13	Tue	8:47	5.9	9:43	4.5	2:10	1.4	3:19	0.4	6:47	5:00	
14	Wed	9:17	6.1	10:39	4.5	2:51	1.9	3:59	0.0	6:49	4:59	
15	Thu	9:46	6.1	11:29	4.6	3:30	2.3	4:35	-0.2	6:50	4:58	
16	Fri	10:13	6.1			4:07	2.7	5:08	-0.4	6:51	4:57	
17	Sat	12:16	4.6	10:42 AM	6.1	4:44	3.0	5:42	-0.5	6:52	4:57	
18	Sun	1:00	4.6	11:12 AM	6.0	5:20	3.2	6:15	-0.5	6:53	4:56	
19	Mon	1:42	4.6	11:45 AM	5.9	5:56	3.4	6:51	-0.4	6:54	4:55	
20	Tue	2:24	4.5	12:21	5.7	6:35	3.5	7:29	-0.3	6:55	4:55	
21	Wed	3:07	4.5	1:01	5.5	7:18	3.5	8:10	-0.2	6:56	4:54	
22	Thu	3:52	4.4	1:46	5.2	8:11	3.5	8:54	0.0	6:57	4:54	
23	Fri	4:36	4.5	2:38	4.9	9:18	3.4	9:41	0.2	6:58	4:53	
24	Sat	5:19	4.6	3:41	4.5	10:37	3.2	10:31	0.5	6:59	4:53	
25	Sun	5:58	4.9	4:58	4.2	11:50	2.7	11:23	0.8	7:00	4:52	
26	Mon	6:34	5.2	6:24	4.0			12:50	2.0	7:01	4:52	
27	Tue	7:09	5.6	7:46	4.1	12:14	1.2	1:42	1.2	7:02	4:52	
28	Wed	7:45	6.0	9:01	4.3	1:05	1.6	2:29	0.3	7:03	4:51	
29	Thu	8:22	6.4	10:07	4.5	1:54	2.0	3:15	-0.4	7:04	4:51	
30	Fri	9:02	6.8	11:07	4.8	2:43	2.4	4:01	-1.1	7:05	4:51	