

Alcatraz Island, CA - Nov 1991

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:50	5.6	7:42	4.8	12:50	0.4	1:49	1.5	6:34	5:11	
2	Sat	8:29	5.9	8:51	4.8	1:41	0.8	2:42	0.8	6:36	5:10	
3	Sun	9:05	6.2	9:54	4.8	2:28	1.1	3:29	0.2	6:37	5:09	
4	Mon	9:39	6.3	10:51	4.9	3:11	1.6	4:13	-0.3	6:38	5:08	
5	Tue	10:12	6.4	11:45	4.9	3:52	2.0	4:53	-0.5	6:39	5:07	
6	Wed	10:44	6.4			4:33	2.4	5:32	-0.7	6:40	5:06	
7	Thu	12:36	4.9	11:17 AM	6.2	5:14	2.8	6:10	-0.7	6:41	5:05	
8	Fri	1:25	4.8	11:50 AM	6.1	5:55	3.0	6:49	-0.5	6:42	5:04	
9	Sat	2:13	4.7	12:26	5.8	6:38	3.2	7:29	-0.4	6:43	5:03	
10	Sun	3:02	4.6	1:05	5.6	7:24	3.4	8:12	-0.1	6:44	5:02	
11	Mon	3:52	4.5	1:49	5.2	8:20	3.4	8:59	0.1	6:45	5:01	
12	Tue	4:43	4.5	2:41	4.9	9:29	3.4	9:49	0.4	6:46	5:01	
13	Wed	5:31	4.5	3:42	4.5	10:48	3.2	10:42	0.6	6:47	5:00	
14	Thu	6:14	4.7	4:54	4.2			12:00	2.9	6:48	4:59	
15	Fri	6:50	4.9	6:12	4.0			12:58	2.3	6:49	4:58	
16	Sat	7:22	5.2	7:27	4.0	12:24	1.2	1:46	1.7	6:50	4:57	
17	Sun	7:53	5.5	8:36	4.2	1:09	1.5	2:27	1.1	6:51	4:57	
18	Mon	8:23	5.8	9:37	4.4	1:52	1.8	3:06	0.4	6:53	4:56	
19	Tue	8:56	6.2	10:34	4.6	2:34	2.1	3:44	-0.2	6:54	4:56	
20	Wed	9:31	6.5	11:27	4.7	3:16	2.4	4:24	-0.7	6:55	4:55	
21	Thu	10:09	6.7			3:59	2.7	5:06	-1.2	6:56	4:54	
22	Fri	12:19	4.8	10:51 AM	6.8	4:43	2.9	5:51	-1.4	6:57	4:54	
23	Sat	1:11	4.9	11:37 AM	6.8	5:31	3.0	6:38	-1.5	6:58	4:53	
24	Sun	2:02	4.9	12:26	6.7	6:23	3.1	7:28	-1.3	6:59	4:53	
25	Mon	2:54	4.9	1:21	6.3	7:23	3.1	8:21	-1.0	7:00	4:52	
26	Tue	3:47	5.0	2:21	5.8	8:33	3.0	9:15	-0.6	7:01	4:52	
27	Wed	4:40	5.1	3:30	5.2	9:55	2.7	10:12	-0.1	7:02	4:52	
28	Thu	5:31	5.4	4:50	4.6	11:19	2.2	11:10	0.5	7:03	4:51	
29	Fri	6:19	5.7	6:17	4.3			12:35	1.6	7:04	4:51	
30	Sat	7:04	5.9	7:44	4.2	12:07	1.0	1:39	0.9	7:05	4:51	