

Alcatraz Island, CA - Nov 1993

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:10	4.6	11:50 AM	5.9	5:49	2.8	6:38	-0.2	6:35	5:11	
2	Tue	1:55	4.6	12:26	5.8	6:26	3.0	7:17	-0.2	6:36	5:09	
3	Wed	2:43	4.5	1:05	5.7	7:07	3.1	8:00	-0.2	6:37	5:08	
4	Thu	3:34	4.5	1:51	5.5	7:59	3.2	8:49	-0.1	6:38	5:07	
5	Fri	4:29	4.5	2:47	5.2	9:05	3.2	9:44	0.1	6:39	5:06	
6	Sat	5:22	4.7	3:55	4.9	10:25	3.1	10:43	0.3	6:40	5:05	
7	Sun	6:12	4.9	5:15	4.7	11:45	2.6	11:43	0.5	6:41	5:04	
8	Mon	6:56	5.3	6:37	4.6			12:52	1.9	6:42	5:04	
9	Tue	7:37	5.7	7:54	4.7	12:40	0.8	1:49	1.1	6:43	5:03	
10	Wed	8:16	6.1	9:04	4.8	1:33	1.1	2:40	0.3	6:45	5:02	
11	Thu	8:55	6.5	10:08	5.0	2:23	1.4	3:29	-0.4	6:46	5:01	
12	Fri	9:36	6.8	11:07	5.1	3:11	1.7	4:16	-1.0	6:47	5:00	
13	Sat	10:18	7.0			4:00	2.1	5:03	-1.3	6:48	4:59	
14	Sun	12:03	5.2	11:02 AM	7.0	4:49	2.3	5:51	-1.4	6:49	4:59	
15	Mon	12:58	5.2	11:47 AM	6.8	5:39	2.6	6:39	-1.4	6:50	4:58	
16	Tue	1:52	5.1	12:35	6.5	6:33	2.8	7:28	-1.1	6:51	4:57	
17	Wed	2:46	5.1	1:24	6.1	7:32	2.9	8:18	-0.7	6:52	4:56	
18	Thu	3:40	5.0	2:18	5.5	8:38	2.9	9:10	-0.3	6:53	4:56	
19	Fri	4:35	5.0	3:18	5.0	9:54	2.9	10:05	0.2	6:54	4:55	
20	Sat	5:28	5.1	4:27	4.5	11:12	2.6	11:01	0.7	6:55	4:55	
21	Sun	6:17	5.2	5:45	4.1			12:23	2.2	6:56	4:54	
22	Mon	6:59	5.3	7:05	4.0			1:23	1.7	6:57	4:54	
23	Tue	7:36	5.5	8:18	4.0	12:48	1.5	2:13	1.2	6:58	4:53	
24	Wed	8:09	5.6	9:20	4.2	1:35	1.9	2:55	0.7	6:59	4:53	
25	Thu	8:39	5.8	10:13	4.3	2:19	2.2	3:33	0.3	7:00	4:52	
26	Fri	9:10	5.9	11:00	4.4	2:59	2.4	4:07	0.0	7:01	4:52	
27	Sat	9:42	6.1	11:42	4.6	3:37	2.7	4:40	-0.3	7:02	4:52	
28	Sun	10:15	6.1			4:14	2.8	5:12	-0.5	7:03	4:51	
29	Mon	12:23	4.6	10:49 AM	6.2	4:50	3.0	5:46	-0.6	7:04	4:51	
30	Tue	1:03	4.7	11:26 AM	6.1	5:28	3.0	6:21	-0.7	7:05	4:51	