
































Alcatraz Island, CA - Nov 1995

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:18	5.5	7:03	4.9	12:13	0.4	1:15	1.8	6:34	5:11	
2	Thu	8:04	5.7	8:14	4.9	1:11	0.6	2:13	1.2	6:36	5:10	
3	Fri	8:45	6.0	9:17	4.9	2:03	0.9	3:03	0.7	6:37	5:09	
4	Sat	9:22	6.1	10:14	5.0	2:49	1.2	3:47	0.2	6:38	5:08	
5	Sun	9:57	6.2	11:05	5.0	3:32	1.5	4:28	-0.1	6:39	5:07	
6	Mon	10:29	6.2	11:53	4.9	4:12	1.9	5:05	-0.3	6:40	5:06	
7	Tue	11:01	6.1			4:52	2.2	5:41	-0.3	6:41	5:05	
8	Wed	12:39	4.9	11:32 AM	6.0	5:30	2.5	6:16	-0.3	6:42	5:04	
9	Thu	1:24	4.8	12:04	5.8	6:10	2.7	6:52	-0.2	6:43	5:03	
10	Fri	2:08	4.7	12:39	5.6	6:51	2.9	7:30	-0.1	6:44	5:02	
11	Sat	2:53	4.6	1:17	5.4	7:36	3.1	8:10	0.1	6:45	5:01	
12	Sun	3:40	4.6	2:00	5.1	8:29	3.2	8:55	0.3	6:46	5:00	
13	Mon	4:30	4.5	2:51	4.8	9:36	3.2	9:44	0.6	6:47	5:00	
14	Tue	5:19	4.6	3:53	4.4	10:51	3.0	10:38	0.8	6:48	4:59	
15	Wed	6:06	4.8	5:06	4.2			12:01	2.7	6:49	4:58	
16	Thu	6:47	5.0	6:23	4.1			12:59	2.2	6:50	4:57	
17	Fri	7:25	5.3	7:36	4.2	12:27	1.2	1:46	1.6	6:51	4:57	
18	Sat	8:01	5.7	8:41	4.4	1:16	1.4	2:29	0.9	6:53	4:56	
19	Sun	8:37	6.0	9:41	4.6	2:03	1.6	3:10	0.2	6:54	4:55	
20	Mon	9:14	6.3	10:36	4.8	2:48	1.8	3:51	-0.4	6:55	4:55	
21	Tue	9:53	6.6	11:29	5.0	3:32	2.0	4:34	-0.9	6:56	4:54	
22	Wed	10:34	6.8			4:18	2.2	5:18	-1.2	6:57	4:54	
23	Thu	12:21	5.1	11:19 AM	6.9	5:06	2.4	6:05	-1.4	6:58	4:53	
24	Fri	1:13	5.2	12:06	6.8	5:57	2.5	6:54	-1.4	6:59	4:53	
25	Sat	2:06	5.2	12:58	6.5	6:52	2.6	7:44	-1.2	7:00	4:52	
26	Sun	3:00	5.2	1:54	6.1	7:55	2.6	8:38	-0.8	7:01	4:52	
27	Mon	3:55	5.3	2:57	5.5	9:09	2.6	9:34	-0.3	7:02	4:52	
28	Tue	4:51	5.4	4:08	5.0	10:31	2.3	10:34	0.2	7:03	4:51	
29	Wed	5:46	5.6	5:29	4.5	11:52	1.9	11:35	0.7	7:04	4:51	
30	Thu	6:37	5.8	6:53	4.3			1:02	1.4	7:05	4:51	