US HARBORS www.USHarbors.com

Alcatraz Island, CA - Nov 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:39	4.6	3:04	4.9	9:44	3.1	10:02	0.5	6:35	5:10	
2	Sat	5:38	4.7	4:06	4.6	11:01	3.0	11:02	0.8	6:36	5:09	
3	Sun	6:31	4.8	5:17	4.3			12:11	2.7	6:37	5:08	
4	Mon	7:15	4.9	6:30	4.3	12:00	1.0	1:10	2.3	6:38	5:07	
5	Tue	7:51	5.1	7:37	4.3	12:53	1.1	1:58	1.9	6:40	5:06	
6	Wed	8:24	5.3	8:36	4.4	1:39	1.3	2:40	1.4	6:41	5:05	
7	Thu	8:54	5.6	9:29	4.6	2:20	1.4	3:17	0.9	6:42	5:04	
8	Fri	9:25	5.8	10:18	4.7	2:57	1.6	3:51	0.4	6:43	5:03	
9	Sat	9:56	6.0	11:06	4.8	3:34	1.8	4:26	0.0	6:44	5:02	
10	Sun	10:29	6.2	11:53	4.9	4:10	2.0	5:02	-0.4	6:45	5:02	
11	Mon	11:04	6.3			4:49	2.2	5:41	-0.7	6:46	5:01	
12	Tue	12:41	4.9	11:42 AM	6.4	5:29	2.4	6:22	-0.8	6:47	5:00	
13	Wed	1:30	4.9	12:24	6.3	6:14	2.6	7:07	-0.9	6:48	4:59	
14	Thu	2:22	4.9	1:10	6.1	7:04	2.7	7:57	-0.8	6:49	4:58	
15	Fri	3:17	4.9	2:04	5.8	8:04	2.8	8:50	-0.5	6:50	4:58	
16	Sat	4:14	5.0	3:07	5.4	9:16	2.8	9:49	-0.2	6:51	4:57	
17	Sun	5:12	5.1	4:20	5.0	10:41	2.6	10:52	0.1	6:52	4:56	
18	Mon	6:08	5.4	5:42	4.7			12:02	2.1	6:53	4:56	
19	Tue	6:59	5.7	7:03	4.6			1:11	1.5	6:54	4:55	
20	Wed	7:46	6.0	8:18	4.6	12:53	0.8	2:09	0.8	6:55	4:54	
21	Thu	8:29	6.3	9:24	4.8	1:48	1.2	3:00	0.2	6:57	4:54	
22	Fri	9:09	6.5	10:23	4.9	2:38	1.5	3:46	-0.2	6:58	4:53	
23	Sat	9:48	6.5	11:17	5.0	3:25	1.8	4:29	-0.6	6:59	4:53	
24	Sun	10:25	6.5			4:11	2.1	5:10	-0.7	7:00	4:53	
25	Mon	12:07	5.0	11:02 AM	6.4	4:56	2.4	5:49	-0.7	7:01	4:52	
26	Tue	12:55	5.0	11:39 AM	6.2	5:40	2.6	6:27	-0.7	7:02	4:52	
27	Wed	1:40	5.0	12:16	5.9	6:25	2.8	7:06	-0.5	7:03	4:51	
28	Thu	2:25	4.9	12:54	5.6	7:12	2.9	7:45	-0.3	7:04	4:51	
29	Fri	3:10	4.8	1:35	5.3	8:04	3.0	8:26	0.0	7:05	4:51	
30	Sat	3:55	4.8	2:21	4.9	9:04	3.0	9:10	0.4	7:06	4:51	