

Alcatraz Island, CA - Nov 1998

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:10	5.9	9:34	5.3	2:28	0.5	3:14	0.6	6:35	5:11	
2	Mon	9:47	6.3	10:32	5.4	3:14	0.7	4:00	-0.1	6:36	5:10	
3	Tue	10:25	6.6	11:30	5.5	3:59	1.0	4:47	-0.6	6:37	5:09	
4	Wed	11:06	6.8			4:45	1.4	5:35	-1.0	6:38	5:08	
5	Thu	12:26	5.4	11:48 AM	6.8	5:32	1.8	6:24	-1.1	6:39	5:07	
6	Fri	1:24	5.4	12:33	6.7	6:22	2.1	7:15	-1.1	6:40	5:06	
7	Sat	2:23	5.2	1:21	6.4	7:17	2.5	8:09	-0.8	6:41	5:05	
8	Sun	3:25	5.1	2:15	6.0	8:21	2.7	9:07	-0.5	6:42	5:04	
9	Mon	4:30	5.1	3:15	5.5	9:36	2.9	10:09	-0.1	6:43	5:03	
10	Tue	5:35	5.1	4:24	5.0	10:59	2.8	11:14	0.3	6:44	5:02	
11	Wed	6:34	5.2	5:40	4.7			12:16	2.5	6:45	5:01	
12	Thu	7:25	5.4	6:56	4.5	12:16	0.6	1:21	2.0	6:46	5:00	
13	Fri	8:08	5.5	8:05	4.5	1:11	0.8	2:14	1.5	6:48	4:59	
14	Sat	8:45	5.7	9:04	4.5	1:59	1.1	2:59	1.1	6:49	4:59	
15	Sun	9:16	5.7	9:56	4.6	2:41	1.4	3:38	0.7	6:50	4:58	
16	Mon	9:44	5.8	10:43	4.6	3:19	1.7	4:14	0.4	6:51	4:57	
17	Tue	10:12	5.9	11:27	4.6	3:54	1.9	4:47	0.1	6:52	4:57	
18	Wed	10:39	5.9			4:28	2.2	5:18	-0.1	6:53	4:56	
19	Thu	12:09	4.7	11:08 AM	5.9	5:02	2.5	5:49	-0.2	6:54	4:55	
20	Fri	12:50	4.7	11:38 AM	5.9	5:35	2.7	6:22	-0.3	6:55	4:55	
21	Sat	1:32	4.7	12:11	5.8	6:11	2.9	6:58	-0.3	6:56	4:54	
22	Sun	2:16	4.6	12:47	5.6	6:50	3.0	7:37	-0.3	6:57	4:54	
23	Mon	3:02	4.6	1:27	5.4	7:36	3.2	8:20	-0.2	6:58	4:53	
24	Tue	3:52	4.7	2:16	5.2	8:33	3.2	9:09	0.0	6:59	4:53	
25	Wed	4:44	4.7	3:15	4.9	9:45	3.1	10:04	0.2	7:00	4:52	
26	Thu	5:35	4.9	4:28	4.6	11:05	2.8	11:03	0.4	7:01	4:52	
27	Fri	6:23	5.2	5:51	4.4			12:18	2.3	7:02	4:52	
28	Sat	7:07	5.6	7:12	4.4	12:02	0.6	1:19	1.6	7:03	4:51	
29	Sun	7:49	5.9	8:26	4.6	12:58	0.9	2:12	0.8	7:04	4:51	
30	Mon	8:31	6.3	9:32	4.8	1:52	1.2	3:01	0.1	7:05	4:51	