
































## Alcatraz Island, CA - Nov 1999

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:05	5.3	6:11	5.1			12:38	2.5	6:35	5:11	
2	Tue	7:56	5.5	7:25	5.0	12:50	0.2	1:42	1.9	6:36	5:10	
3	Wed	8:39	5.7	8:32	4.9	1:45	0.5	2:36	1.4	6:37	5:09	
4	Thu	9:17	5.9	9:30	5.0	2:32	0.7	3:22	0.9	6:38	5:08	
5	Fri	9:50	5.9	10:23	4.9	3:14	1.0	4:03	0.5	6:39	5:07	
6	Sat	10:20	6.0	11:11	4.9	3:52	1.4	4:41	0.2	6:40	5:06	
7	Sun	10:49	5.9	11:57	4.8	4:29	1.7	5:16	0.0	6:41	5:05	
8	Mon	11:16	5.9			5:04	2.1	5:50	-0.1	6:42	5:04	
9	Tue	12:42	4.8	11:43 AM	5.8	5:38	2.4	6:23	-0.1	6:43	5:03	
10	Wed	1:26	4.7	12:12	5.7	6:14	2.7	6:58	-0.1	6:44	5:02	
11	Thu	2:11	4.6	12:44	5.5	6:52	3.0	7:36	0.0	6:45	5:01	
12	Fri	2:59	4.5	1:21	5.3	7:34	3.2	8:17	0.1	6:46	5:00	
13	Sat	3:51	4.5	2:04	5.1	8:27	3.4	9:04	0.3	6:47	5:00	
14	Sun	4:47	4.5	2:57	4.8	9:37	3.4	9:58	0.4	6:48	4:59	
15	Mon	5:41	4.6	4:01	4.6	11:00	3.3	10:56	0.5	6:49	4:58	
16	Tue	6:30	4.8	5:16	4.4			12:12	2.9	6:50	4:57	
17	Wed	7:12	5.0	6:32	4.4			1:08	2.4	6:52	4:57	
18	Thu	7:49	5.4	7:43	4.5	12:47	0.7	1:56	1.7	6:53	4:56	
19	Fri	8:24	5.7	8:48	4.7	1:37	0.9	2:39	1.0	6:54	4:55	
20	Sat	8:59	6.1	9:49	4.9	2:23	1.1	3:21	0.3	6:55	4:55	
21	Sun	9:35	6.4	10:46	5.1	3:08	1.3	4:05	-0.4	6:56	4:54	
22	Mon	10:14	6.7	11:43	5.2	3:53	1.6	4:50	-0.9	6:57	4:54	
23	Tue	10:55	6.9			4:39	2.0	5:36	-1.3	6:58	4:53	
24	Wed	12:39	5.2	11:38 AM	6.9	5:27	2.3	6:25	-1.4	6:59	4:53	
25	Thu	1:35	5.2	12:26	6.8	6:19	2.5	7:16	-1.4	7:00	4:52	
26	Fri	2:32	5.2	1:17	6.5	7:16	2.7	8:09	-1.1	7:01	4:52	
27	Sat	3:31	5.2	2:13	6.0	8:23	2.9	9:06	-0.7	7:02	4:52	
28	Sun	4:31	5.2	3:17	5.5	9:41	2.8	10:07	-0.3	7:03	4:51	
29	Mon	5:31	5.3	4:30	4.9	11:05	2.6	11:09	0.2	7:04	4:51	
30	Tue	6:26	5.5	5:50	4.5			12:22	2.2	7:05	4:51	