US HARBORS www.USHarbors.com

Alcatraz Island, CA - Nov 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:57	4.5	2:10	5.2	8:36	3.3	9:16	0.3	6:35	5:10	
2	Thu	5:02	4.5	3:01	4.9	9:50	3.5	10:13	0.5	6:36	5:09	
3	Fri	6:06	4.5	4:05	4.6	11:15	3.4	11:15	0.7	6:37	5:08	
4	Sat	6:58	4.7	5:18	4.4			12:26	3.1	6:38	5:07	
5	Sun	7:38	4.8	6:30	4.4	12:13	0.7	1:22	2.7	6:40	5:06	
6	Mon	8:11	5.0	7:36	4.5	1:05	0.8	2:07	2.2	6:41	5:05	
7	Tue	8:40	5.3	8:35	4.6	1:50	0.9	2:46	1.6	6:42	5:04	
8	Wed	9:09	5.5	9:28	4.7	2:29	1.0	3:22	1.1	6:43	5:03	
9	Thu	9:38	5.8	10:20	4.9	3:07	1.2	3:57	0.5	6:44	5:02	
10	Fri	10:08	6.1	11:11	5.0	3:44	1.4	4:33	0.0	6:45	5:01	
11	Sat	10:40	6.3			4:22	1.7	5:12	-0.5	6:46	5:01	
12	Sun	12:03	5.0	11:15 AM	6.5	5:01	2.1	5:54	-0.8	6:47	5:00	
13	Mon	12:57	5.0	11:54 AM	6.5	5:44	2.4	6:39	-1.0	6:48	4:59	
14	Tue	1:52	5.0	12:37	6.5	6:30	2.7	7:28	-1.0	6:49	4:58	
15	Wed	2:51	4.9	1:26	6.2	7:24	3.0	8:22	-0.9	6:50	4:58	
16	Thu	3:53	4.9	2:22	5.9	8:29	3.1	9:22	-0.6	6:51	4:57	
17	Fri	4:57	5.0	3:29	5.5	9:50	3.1	10:27	-0.3	6:52	4:56	
18	Sat	5:58	5.1	4:46	5.1	11:19	2.8	11:32	0.0	6:53	4:56	
19	Sun	6:52	5.4	6:09	4.8			12:37	2.3	6:54	4:55	
20	Mon	7:40	5.7	7:28	4.7	12:34	0.3	1:41	1.6	6:55	4:54	
21	Tue	8:22	6.0	8:39	4.7	1:29	0.6	2:36	1.0	6:57	4:54	
22	Wed	9:00	6.2	9:43	4.8	2:18	1.0	3:23	0.4	6:58	4:53	
23	Thu	9:35	6.3	10:40	4.8	3:03	1.4	4:06	-0.1	6:59	4:53	
24	Fri	10:09	6.3	11:33	4.8	3:46	1.8	4:46	-0.4	7:00	4:53	
25	Sat	10:41	6.3			4:27	2.2	5:24	-0.5	7:01	4:52	
26	Sun	12:22	4.9	11:12 AM	6.2	5:07	2.6	6:00	-0.6	7:02	4:52	
27	Mon	1:10	4.8	11:44 AM	6.0	5:47	2.9	6:37	-0.5	7:03	4:51	
28	Tue	1:56	4.8	12:17	5.8	6:29	3.1	7:14	-0.4	7:04	4:51	
29	Wed	2:42	4.7	12:53	5.6	7:13	3.3	7:54	-0.3	7:05	4:51	
30	Thu	3:28	4.6	1:33	5.3	8:04	3.4	8:36	0.0	7:06	4:51	