
































Alcatraz Island, CA - Nov 2001

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:11	5.9			4:56	1.9	5:41	0.0	6:35	5:10	
2	Fri	12:31	4.8	11:40 AM	6.0	5:29	2.3	6:17	-0.3	6:36	5:09	
3	Sat	1:20	4.7	12:13	6.0	6:04	2.6	6:57	-0.4	6:37	5:08	
4	Sun	2:13	4.6	12:50	6.0	6:45	2.9	7:43	-0.5	6:38	5:07	
5	Mon	3:13	4.6	1:33	5.8	7:32	3.2	8:35	-0.4	6:39	5:06	
6	Tue	4:18	4.5	2:27	5.6	8:34	3.4	9:35	-0.3	6:40	5:05	
7	Wed	5:25	4.6	3:33	5.3	9:56	3.4	10:41	-0.2	6:41	5:04	
8	Thu	6:25	4.8	4:52	5.1	11:27	3.1	11:48	0.0	6:42	5:03	
9	Fri	7:15	5.1	6:15	5.0			12:43	2.6	6:44	5:03	
10	Sat	7:58	5.5	7:32	5.0	12:49	0.1	1:45	1.8	6:45	5:02	
11	Sun	8:37	5.8	8:42	5.0	1:43	0.3	2:38	1.1	6:46	5:01	
12	Mon	9:14	6.2	9:46	5.1	2:31	0.6	3:27	0.3	6:47	5:00	
13	Tue	9:50	6.4	10:46	5.1	3:17	1.0	4:13	-0.3	6:48	4:59	
14	Wed	10:26	6.6	11:43	5.1	4:00	1.5	4:58	-0.7	6:49	4:58	
15	Thu	11:02	6.6			4:44	1.9	5:42	-0.9	6:50	4:58	
16	Fri	12:39	5.1	11:38 AM	6.5	5:28	2.4	6:25	-1.0	6:51	4:57	
17	Sat	1:34	5.0	12:16	6.3	6:15	2.8	7:09	-0.8	6:52	4:56	
18	Sun	2:29	4.9	12:55	6.0	7:04	3.1	7:55	-0.6	6:53	4:56	
19	Mon	3:27	4.8	1:38	5.6	8:01	3.3	8:43	-0.3	6:54	4:55	
20	Tue	4:26	4.8	2:27	5.2	9:10	3.4	9:36	0.0	6:55	4:55	
21	Wed	5:24	4.7	3:24	4.7	10:30	3.4	10:33	0.4	6:56	4:54	
22	Thu	6:17	4.8	4:33	4.4	11:46	3.1	11:31	0.6	6:57	4:54	
23	Fri	7:01	4.9	5:49	4.2			12:51	2.7	6:58	4:53	
24	Sat	7:36	5.1	7:04	4.1	12:24	0.9	1:43	2.2	6:59	4:53	
25	Sun	8:07	5.3	8:11	4.1	1:12	1.1	2:26	1.6	7:00	4:52	
26	Mon	8:34	5.5	9:10	4.2	1:54	1.4	3:05	1.1	7:01	4:52	
27	Tue	9:02	5.8	10:04	4.4	2:33	1.6	3:39	0.6	7:02	4:52	
28	Wed	9:31	6.0	10:54	4.5	3:09	1.9	4:13	0.1	7:03	4:51	
29	Thu	10:01	6.2	11:42	4.6	3:46	2.3	4:47	-0.3	7:04	4:51	
30	Fri	10:33	6.3			4:23	2.5	5:22	-0.7	7:05	4:51	