
































## Alcatraz Island, CA - Nov 2002

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:57	5.6	8:49	5.3	2:02	0.2	2:46	1.3	6:35	5:11	
2	Sat	9:30	6.0	9:52	5.4	2:48	0.4	3:33	0.5	6:36	5:10	
3	Sun	10:04	6.4	10:52	5.4	3:32	0.8	4:20	-0.3	6:37	5:09	
4	Mon	10:40	6.6	11:52	5.3	4:15	1.2	5:07	-0.8	6:38	5:08	
5	Tue	11:18	6.8			4:59	1.7	5:55	-1.2	6:39	5:07	
6	Wed	12:51	5.2	11:57 AM	6.8	5:45	2.2	6:44	-1.2	6:40	5:06	
7	Thu	1:52	5.1	12:40	6.6	6:34	2.7	7:36	-1.1	6:41	5:05	
8	Fri	2:55	5.0	1:27	6.3	7:29	3.1	8:30	-0.8	6:42	5:04	
9	Sat	4:02	4.9	2:20	5.8	8:37	3.3	9:30	-0.4	6:43	5:03	
10	Sun	5:10	4.9	3:22	5.3	10:00	3.4	10:33	-0.1	6:44	5:02	
11	Mon	6:14	5.0	4:33	4.9	11:27	3.2	11:37	0.2	6:45	5:01	
12	Tue	7:08	5.1	5:50	4.6			12:41	2.8	6:46	5:00	
13	Wed	7:51	5.2	7:05	4.4	12:35	0.5	1:40	2.3	6:48	4:59	
14	Thu	8:26	5.4	8:11	4.4	1:26	0.8	2:28	1.7	6:49	4:59	
15	Fri	8:55	5.5	9:09	4.4	2:09	1.0	3:10	1.2	6:50	4:58	
16	Sat	9:21	5.6	10:01	4.5	2:47	1.3	3:46	0.8	6:51	4:57	
17	Sun	9:45	5.8	10:50	4.5	3:21	1.7	4:19	0.4	6:52	4:57	
18	Mon	10:09	5.9	11:36	4.5	3:54	2.1	4:51	0.1	6:53	4:56	
19	Tue	10:34	6.0			4:26	2.4	5:22	-0.2	6:54	4:55	
20	Wed	12:21	4.6	11:02 AM	6.0	4:58	2.7	5:54	-0.3	6:55	4:55	
21	Thu	1:06	4.6	11:32 AM	6.0	5:32	3.0	6:28	-0.5	6:56	4:54	
22	Fri	1:52	4.6	12:06	6.0	6:09	3.2	7:07	-0.5	6:57	4:54	
23	Sat	2:42	4.5	12:44	5.8	6:50	3.4	7:50	-0.5	6:58	4:53	
24	Sun	3:35	4.5	1:29	5.6	7:40	3.5	8:39	-0.4	6:59	4:53	
25	Mon	4:30	4.6	2:22	5.3	8:45	3.6	9:33	-0.3	7:00	4:52	
26	Tue	5:24	4.7	3:28	5.0	10:08	3.4	10:32	-0.1	7:01	4:52	
27	Wed	6:12	4.9	4:47	4.7	11:32	3.0	11:32	0.2	7:02	4:52	
28	Thu	6:55	5.3	6:13	4.5			12:43	2.3	7:03	4:51	
29	Fri	7:34	5.7	7:35	4.5	12:29	0.5	1:42	1.4	7:04	4:51	
30	Sat	8:12	6.1	8:50	4.6	1:22	0.9	2:34	0.6	7:05	4:51	