
































Alcatraz Island, CA - Nov 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:46	5.0	5:14	5.2	11:54	3.1			6:35	5:11	
2	Sun	7:38	5.2	6:33	4.9	12:17	0.0	1:08	2.6	6:36	5:10	
3	Mon	8:21	5.4	7:46	4.8	1:15	0.2	2:07	2.0	6:37	5:09	
4	Tue	8:57	5.6	8:49	4.8	2:04	0.5	2:56	1.4	6:38	5:08	
5	Wed	9:28	5.7	9:45	4.8	2:46	0.8	3:38	1.0	6:39	5:07	
6	Thu	9:55	5.8	10:37	4.7	3:23	1.2	4:16	0.5	6:40	5:06	
7	Fri	10:20	5.9	11:25	4.7	3:57	1.6	4:50	0.2	6:41	5:05	
8	Sat	10:43	5.9			4:29	2.1	5:22	0.0	6:42	5:04	
9	Sun	12:12	4.6	11:06 AM	5.9	5:01	2.5	5:54	-0.1	6:43	5:03	
10	Mon	12:58	4.6	11:32 AM	5.9	5:34	2.8	6:26	-0.2	6:44	5:02	
11	Tue	1:44	4.5	12:00	5.8	6:07	3.1	7:01	-0.2	6:45	5:01	
12	Wed	2:33	4.4	12:33	5.7	6:44	3.4	7:40	-0.1	6:46	5:00	
13	Thu	3:25	4.4	1:12	5.5	7:26	3.6	8:24	0.0	6:47	5:00	
14	Fri	4:23	4.4	1:58	5.2	8:22	3.7	9:16	0.1	6:48	4:59	
15	Sat	5:22	4.4	2:54	5.0	9:39	3.7	10:13	0.2	6:49	4:58	
16	Sun	6:13	4.6	4:03	4.7	11:08	3.5	11:12	0.3	6:50	4:57	
17	Mon	6:55	4.8	5:22	4.5			12:20	3.0	6:52	4:57	
18	Tue	7:30	5.1	6:41	4.5	12:09	0.4	1:16	2.4	6:53	4:56	
19	Wed	8:02	5.5	7:55	4.6	1:00	0.6	2:04	1.6	6:54	4:55	
20	Thu	8:34	5.9	9:04	4.7	1:47	0.8	2:50	0.7	6:55	4:55	
21	Fri	9:06	6.3	10:08	4.9	2:32	1.2	3:35	-0.1	6:56	4:54	
22	Sat	9:41	6.7	11:09	5.0	3:16	1.6	4:20	-0.9	6:57	4:54	
23	Sun	10:19	6.9			4:01	2.1	5:07	-1.4	6:58	4:53	
24	Mon	12:09	5.1	11:00 AM	7.1	4:47	2.5	5:55	-1.7	6:59	4:53	
25	Tue	1:08	5.1	11:45 AM	7.0	5:36	2.9	6:45	-1.7	7:00	4:52	
26	Wed	2:06	5.1	12:33	6.8	6:30	3.1	7:38	-1.5	7:01	4:52	
27	Thu	3:06	5.0	1:26	6.4	7:31	3.3	8:34	-1.1	7:02	4:52	
28	Fri	4:06	5.0	2:25	5.8	8:44	3.3	9:32	-0.7	7:03	4:51	
29	Sat	5:06	5.1	3:32	5.3	10:10	3.2	10:33	-0.2	7:04	4:51	
30	Sun	6:02	5.2	4:48	4.7	11:35	2.8	11:33	0.3	7:05	4:51	