
































Alcatraz Island, CA - Nov 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:23	4.4	1:13	5.5	7:32	3.5	8:28	0.1	6:35	5:10	
2	Tue	4:26	4.4	1:56	5.2	8:29	3.7	9:20	0.3	6:36	5:09	
3	Wed	5:34	4.4	2:51	4.9	9:49	3.8	10:20	0.5	6:37	5:08	
4	Thu	6:31	4.5	3:57	4.7	11:18	3.6	11:22	0.5	6:38	5:07	
5	Fri	7:14	4.6	5:12	4.5			12:28	3.2	6:40	5:06	
6	Sat	7:47	4.8	6:26	4.4	12:19	0.6	1:22	2.7	6:41	5:05	
7	Sun	8:14	5.1	7:34	4.5	1:07	0.7	2:06	2.1	6:42	5:04	
8	Mon	8:40	5.4	8:37	4.6	1:49	0.8	2:45	1.5	6:43	5:03	
9	Tue	9:07	5.7	9:35	4.7	2:27	1.0	3:22	0.8	6:44	5:02	
10	Wed	9:34	6.0	10:32	4.8	3:04	1.4	4:00	0.1	6:45	5:01	
11	Thu	10:04	6.3	11:28	4.9	3:42	1.8	4:40	-0.5	6:46	5:01	
12	Fri	10:37	6.6			4:21	2.2	5:23	-1.0	6:47	5:00	
13	Sat	12:25	4.9	11:14 AM	6.8	5:02	2.6	6:08	-1.3	6:48	4:59	
14	Sun	1:23	4.9	11:56 AM	6.8	5:47	3.0	6:58	-1.4	6:49	4:58	
15	Mon	2:23	4.8	12:43	6.6	6:37	3.2	7:51	-1.3	6:50	4:58	
16	Tue	3:25	4.8	1:37	6.3	7:37	3.4	8:50	-1.0	6:51	4:57	
17	Wed	4:30	4.8	2:40	5.9	8:53	3.5	9:53	-0.7	6:52	4:56	
18	Thu	5:32	4.9	3:54	5.4	10:26	3.3	10:58	-0.3	6:53	4:56	
19	Fri	6:27	5.1	5:15	4.9	11:55	2.8			6:54	4:55	
20	Sat	7:14	5.4	6:39	4.6	12:00	0.1	1:07	2.1	6:56	4:54	
21	Sun	7:55	5.7	7:57	4.5	12:55	0.5	2:07	1.4	6:57	4:54	
22	Mon	8:31	6.0	9:07	4.5	1:44	0.9	2:57	0.7	6:58	4:53	
23	Tue	9:04	6.1	10:09	4.5	2:29	1.4	3:41	0.2	6:59	4:53	
24	Wed	9:35	6.2	11:06	4.6	3:10	1.9	4:21	-0.2	7:00	4:53	
25	Thu	10:04	6.3	11:58	4.7	3:50	2.4	4:57	-0.5	7:01	4:52	
26	Fri	10:32	6.2			4:29	2.8	5:32	-0.6	7:02	4:52	
27	Sat	12:46	4.7	11:01 AM	6.1	5:08	3.1	6:06	-0.6	7:03	4:51	
28	Sun	1:33	4.7	11:33 AM	6.0	5:47	3.4	6:42	-0.5	7:04	4:51	
29	Mon	2:18	4.6	12:07	5.8	6:27	3.5	7:19	-0.4	7:05	4:51	
30	Tue	3:03	4.6	12:45	5.6	7:11	3.6	7:59	-0.3	7:06	4:51	