
































Alcatraz Island, CA - Nov 2005

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:34	6.0	11:56	4.7	4:15	2.0	5:09	-0.1	6:35	5:10	
2	Wed	11:02	6.2			4:48	2.4	5:45	-0.5	6:36	5:09	
3	Thu	12:48	4.7	11:33 AM	6.3	5:23	2.8	6:26	-0.7	6:37	5:08	
4	Fri	1:42	4.6	12:09	6.3	6:01	3.1	7:11	-0.8	6:38	5:07	
5	Sat	2:41	4.6	12:51	6.2	6:45	3.4	8:02	-0.8	6:39	5:06	
6	Sun	3:45	4.5	1:42	6.0	7:39	3.6	9:00	-0.6	6:40	5:05	
7	Mon	4:52	4.5	2:45	5.7	8:53	3.6	10:04	-0.4	6:41	5:04	
8	Tue	5:55	4.7	4:00	5.3	10:29	3.5	11:11	-0.2	6:42	5:03	
9	Wed	6:47	4.9	5:24	5.0			12:00	3.0	6:44	5:03	
10	Thu	7:30	5.3	6:47	4.8	12:13	0.0	1:11	2.2	6:45	5:02	
11	Fri	8:07	5.6	8:04	4.8	1:08	0.3	2:10	1.4	6:46	5:01	
12	Sat	8:43	6.0	9:13	4.8	1:57	0.7	3:00	0.6	6:47	5:00	
13	Sun	9:16	6.3	10:17	4.8	2:42	1.1	3:47	-0.1	6:48	4:59	
14	Mon	9:50	6.5	11:16	4.9	3:24	1.7	4:31	-0.6	6:49	4:58	
15	Tue	10:23	6.6			4:06	2.2	5:12	-0.9	6:50	4:58	
16	Wed	12:13	4.9	10:56 AM	6.6	4:49	2.6	5:53	-1.0	6:51	4:57	
17	Thu	1:07	4.9	11:31 AM	6.4	5:33	3.0	6:35	-0.9	6:52	4:56	
18	Fri	2:01	4.8	12:07	6.2	6:18	3.3	7:17	-0.7	6:53	4:56	
19	Sat	2:54	4.7	12:46	5.8	7:08	3.5	8:01	-0.5	6:54	4:55	
20	Sun	3:49	4.7	1:30	5.5	8:04	3.6	8:49	-0.2	6:55	4:55	
21	Mon	4:45	4.6	2:19	5.1	9:13	3.6	9:41	0.1	6:56	4:54	
22	Tue	5:37	4.6	3:18	4.7	10:32	3.5	10:35	0.4	6:57	4:54	
23	Wed	6:21	4.7	4:27	4.3	11:47	3.1	11:29	0.7	6:58	4:53	
24	Thu	6:57	4.9	5:44	4.1			12:49	2.6	6:59	4:53	
25	Fri	7:27	5.1	7:02	3.9	12:18	1.0	1:40	2.0	7:00	4:52	
26	Sat	7:55	5.4	8:13	4.0	1:02	1.3	2:23	1.4	7:01	4:52	
27	Sun	8:21	5.6	9:17	4.1	1:43	1.7	3:00	0.8	7:02	4:51	
28	Mon	8:49	5.9	10:15	4.3	2:21	2.0	3:36	0.2	7:03	4:51	
29	Tue	9:19	6.2	11:10	4.5	2:59	2.4	4:12	-0.3	7:04	4:51	
30	Wed	9:51	6.4			3:38	2.8	4:50	-0.8	7:05	4:51	