
































Alcatraz Island, CA - Nov 2006

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:21	5.4	8:09	5.0	1:23	0.2	2:12	1.5	6:35	5:11	
2	Thu	8:54	5.9	9:17	5.1	2:10	0.5	3:02	0.7	6:36	5:10	
3	Fri	9:27	6.3	10:20	5.1	2:54	0.9	3:49	-0.1	6:37	5:09	
4	Sat	10:01	6.6	11:22	5.1	3:37	1.4	4:36	-0.8	6:38	5:08	
5	Sun	10:37	6.9			4:20	1.9	5:22	-1.2	6:39	5:07	
6	Mon	12:21	5.1	11:15 AM	6.9	5:05	2.4	6:10	-1.3	6:40	5:06	
7	Tue	1:21	5.0	11:56 AM	6.8	5:52	2.9	6:58	-1.2	6:41	5:05	
8	Wed	2:21	4.9	12:40	6.5	6:43	3.2	7:49	-1.0	6:42	5:04	
9	Thu	3:23	4.8	1:28	6.0	7:42	3.4	8:43	-0.6	6:43	5:03	
10	Fri	4:27	4.8	2:22	5.5	8:54	3.5	9:42	-0.2	6:44	5:02	
11	Sat	5:29	4.8	3:24	5.1	10:18	3.4	10:44	0.2	6:45	5:01	
12	Sun	6:25	4.8	4:36	4.6	11:39	3.1	11:43	0.5	6:47	5:00	
13	Mon	7:10	5.0	5:53	4.3			12:47	2.7	6:48	4:59	
14	Tue	7:46	5.1	7:09	4.2	12:36	0.8	1:42	2.1	6:49	4:59	
15	Wed	8:16	5.3	8:17	4.2	1:21	1.1	2:28	1.5	6:50	4:58	
16	Thu	8:41	5.5	9:17	4.2	2:01	1.4	3:08	1.0	6:51	4:57	
17	Fri	9:05	5.7	10:12	4.3	2:37	1.8	3:43	0.5	6:52	4:57	
18	Sat	9:29	5.9	11:02	4.4	3:11	2.2	4:17	0.1	6:53	4:56	
19	Sun	9:55	6.0	11:49	4.5	3:44	2.6	4:49	-0.2	6:54	4:55	
20	Mon	10:23	6.1			4:17	2.9	5:22	-0.5	6:55	4:55	
21	Tue	12:36	4.5	10:54 AM	6.2	4:51	3.2	5:57	-0.7	6:56	4:54	
22	Wed	1:22	4.6	11:29 AM	6.2	5:28	3.4	6:35	-0.8	6:57	4:54	
23	Thu	2:10	4.5	12:08	6.1	6:07	3.5	7:18	-0.8	6:58	4:53	
24	Fri	3:00	4.5	12:51	5.9	6:54	3.6	8:05	-0.7	6:59	4:53	
25	Sat	3:51	4.5	1:42	5.7	7:52	3.6	8:57	-0.6	7:00	4:52	
26	Sun	4:42	4.6	2:43	5.3	9:06	3.5	9:51	-0.3	7:01	4:52	
27	Mon	5:30	4.8	3:56	4.9	10:34	3.1	10:48	0.0	7:02	4:52	
28	Tue	6:14	5.1	5:21	4.5	11:57	2.5	11:44	0.4	7:03	4:51	
29	Wed	6:53	5.5	6:49	4.3			1:04	1.7	7:04	4:51	
30	Thu	7:31	6.0	8:13	4.3	12:38	0.9	2:02	0.8	7:05	4:51	