

## Alcatraz Island, CA - Nov 2007

| Date |     | High  |     |          |     | Low   |     |       |      | ☀    |      | ☾    |
|------|-----|-------|-----|----------|-----|-------|-----|-------|------|------|------|------|
|      |     | AM    | ft  | PM       | ft  | AM    | ft  | PM    | ft   | Rise | Set  | Moon |
| 1    | Thu | 6:58  | 4.9 | 5:14     | 5.3 | 11:53 | 3.2 |       |      | 7:35 | 6:11 | ☾    |
| 2    | Fri | 7:54  | 5.0 | 6:34     | 4.9 | 12:28 | 0.0 | 1:16  | 2.8  | 7:36 | 6:10 | ☾    |
| 3    | Sat | 8:41  | 5.2 | 7:52     | 4.6 | 1:29  | 0.3 | 2:22  | 2.2  | 7:37 | 6:09 | ☾    |
| 4    | Sun | 8:19  | 5.4 | 8:03     | 4.5 | 1:21  | 0.6 | 2:17  | 1.7  | 6:38 | 5:08 | ☾    |
| 5    | Mon | 8:51  | 5.6 | 9:06     | 4.5 | 2:05  | 1.0 | 3:02  | 1.1  | 6:39 | 5:07 | ☾    |
| 6    | Tue | 9:18  | 5.7 | 10:01    | 4.5 | 2:44  | 1.4 | 3:42  | 0.6  | 6:40 | 5:06 | ☾    |
| 7    | Wed | 9:43  | 5.8 | 10:52    | 4.5 | 3:19  | 1.8 | 4:17  | 0.3  | 6:41 | 5:05 | ☾    |
| 8    | Thu | 10:06 | 5.9 | 11:40    | 4.5 | 3:52  | 2.2 | 4:50  | 0.0  | 6:42 | 5:04 | ☾    |
| 9    | Fri | 10:30 | 5.9 |          |     | 4:24  | 2.6 | 5:22  | -0.2 | 6:43 | 5:03 | ☾    |
| 10   | Sat | 12:26 | 4.5 | 10:56 AM | 6.0 | 4:56  | 2.9 | 5:54  | -0.3 | 6:44 | 5:02 | ☾    |
| 11   | Sun | 1:10  | 4.5 | 11:25 AM | 5.9 | 5:28  | 3.2 | 6:27  | -0.4 | 6:45 | 5:01 | ☾    |
| 12   | Mon | 1:55  | 4.5 | 11:58 AM | 5.8 | 6:03  | 3.4 | 7:04  | -0.3 | 6:46 | 5:00 | ☾    |
| 13   | Tue | 2:42  | 4.4 | 12:35    | 5.7 | 6:40  | 3.5 | 7:46  | -0.3 | 6:47 | 5:00 | ☾    |
| 14   | Wed | 3:33  | 4.4 | 1:17     | 5.5 | 7:25  | 3.6 | 8:32  | -0.2 | 6:48 | 4:59 | ☾    |
| 15   | Thu | 4:26  | 4.4 | 2:06     | 5.2 | 8:25  | 3.7 | 9:23  | -0.1 | 6:49 | 4:58 | ☾    |
| 16   | Fri | 5:17  | 4.5 | 3:07     | 4.9 | 9:46  | 3.6 | 10:19 | 0.1  | 6:51 | 4:57 | ☾    |
| 17   | Sat | 6:02  | 4.7 | 4:20     | 4.6 | 11:12 | 3.2 | 11:14 | 0.3  | 6:52 | 4:57 | ☾    |
| 18   | Sun | 6:40  | 4.9 | 5:43     | 4.4 |       |     | 12:24 | 2.6  | 6:53 | 4:56 | ☾    |
| 19   | Mon | 7:15  | 5.3 | 7:06     | 4.4 | 12:08 | 0.6 | 1:21  | 1.8  | 6:54 | 4:55 | ☾    |
| 20   | Tue | 7:48  | 5.8 | 8:23     | 4.5 | 12:59 | 0.9 | 2:12  | 0.9  | 6:55 | 4:55 | ☾    |
| 21   | Wed | 8:23  | 6.2 | 9:34     | 4.6 | 1:47  | 1.4 | 3:00  | 0.0  | 6:56 | 4:54 | ☾    |
| 22   | Thu | 8:59  | 6.6 | 10:38    | 4.8 | 2:34  | 1.8 | 3:46  | -0.8 | 6:57 | 4:54 | ☾    |
| 23   | Fri | 9:38  | 7.0 | 11:39    | 5.0 | 3:21  | 2.3 | 4:34  | -1.4 | 6:58 | 4:53 | ☾    |
| 24   | Sat | 10:20 | 7.2 |          |     | 4:09  | 2.7 | 5:22  | -1.7 | 6:59 | 4:53 | ☾    |
| 25   | Sun | 12:37 | 5.0 | 11:05 AM | 7.2 | 4:58  | 2.9 | 6:11  | -1.7 | 7:00 | 4:52 | ☾    |
| 26   | Mon | 1:33  | 5.0 | 11:54 AM | 7.0 | 5:51  | 3.1 | 7:02  | -1.6 | 7:01 | 4:52 | ☾    |
| 27   | Tue | 2:28  | 5.0 | 12:45    | 6.6 | 6:49  | 3.2 | 7:54  | -1.3 | 7:02 | 4:52 | ☾    |
| 28   | Wed | 3:23  | 5.0 | 1:40     | 6.1 | 7:54  | 3.2 | 8:48  | -0.8 | 7:03 | 4:51 | ☾    |
| 29   | Thu | 4:18  | 5.0 | 2:39     | 5.5 | 9:09  | 3.1 | 9:43  | -0.3 | 7:04 | 4:51 | ☾    |
| 30   | Fri | 5:11  | 5.1 | 3:46     | 4.9 | 10:31 | 2.9 | 10:38 | 0.2  | 7:05 | 4:51 | ☾    |