



Alcatraz Island, CA - Nov 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:33	4.5	1:36	5.7	7:46	3.4	8:44	-0.1	7:35	6:10	☀
2	Sun	3:25	4.4	1:15	5.4	7:30	3.6	8:29	0.1	6:36	5:09	☀
3	Mon	4:22	4.3	2:02	5.2	8:27	3.6	9:20	0.3	6:37	5:08	☀
4	Tue	5:19	4.3	2:57	4.9	9:45	3.6	10:16	0.4	6:39	5:07	☀
5	Wed	6:09	4.4	4:04	4.6	11:12	3.4	11:13	0.5	6:40	5:06	☀
6	Thu	6:49	4.6	5:19	4.4			12:21	3.0	6:41	5:05	☀
7	Fri	7:21	4.9	6:35	4.3	12:06	0.7	1:15	2.4	6:42	5:04	☀
8	Sat	7:51	5.2	7:47	4.4	12:54	0.9	2:00	1.7	6:43	5:03	☀
9	Sun	8:20	5.6	8:53	4.5	1:37	1.1	2:42	0.9	6:44	5:02	☀
10	Mon	8:50	6.0	9:55	4.7	2:19	1.5	3:22	0.2	6:45	5:01	☀
11	Tue	9:22	6.4	10:54	4.8	3:00	1.9	4:04	-0.5	6:46	5:01	☀
12	Wed	9:57	6.7	11:52	4.9	3:43	2.2	4:48	-1.1	6:47	5:00	☀
13	Thu	10:37	6.9			4:26	2.6	5:34	-1.4	6:48	4:59	☀
14	Fri	12:48	5.0	11:20 AM	7.0	5:13	2.9	6:23	-1.6	6:49	4:58	☀
15	Sat	1:45	4.9	12:09	6.9	6:03	3.1	7:15	-1.5	6:50	4:58	☀
16	Sun	2:42	4.9	1:02	6.6	7:00	3.2	8:10	-1.2	6:51	4:57	☀
17	Mon	3:41	4.9	2:00	6.1	8:08	3.2	9:08	-0.8	6:52	4:56	☀
18	Tue	4:39	5.0	3:06	5.6	9:30	3.1	10:08	-0.4	6:53	4:56	☀
19	Wed	5:35	5.1	4:22	5.0	10:58	2.8	11:09	0.1	6:54	4:55	☀
20	Thu	6:25	5.4	5:45	4.5			12:18	2.2	6:56	4:54	☀
21	Fri	7:10	5.6	7:09	4.3	12:06	0.6	1:24	1.5	6:57	4:54	☀
22	Sat	7:50	5.9	8:27	4.2	12:59	1.1	2:20	0.9	6:58	4:53	☀
23	Sun	8:26	6.0	9:35	4.3	1:47	1.6	3:07	0.3	6:59	4:53	☀
24	Mon	8:58	6.2	10:34	4.5	2:32	2.1	3:49	-0.1	7:00	4:52	☀
25	Tue	9:29	6.2	11:27	4.6	3:14	2.5	4:26	-0.4	7:01	4:52	☀
26	Wed	9:59	6.2			3:54	2.9	5:01	-0.5	7:02	4:52	☀
27	Thu	12:14	4.6	10:30 AM	6.1	4:34	3.1	5:35	-0.6	7:03	4:51	☀
28	Fri	12:58	4.7	11:02 AM	6.1	5:12	3.3	6:09	-0.6	7:04	4:51	☀
29	Sat	1:39	4.6	11:36 AM	5.9	5:50	3.4	6:44	-0.5	7:05	4:51	☀
30	Sun	2:18	4.6	12:12	5.8	6:29	3.5	7:20	-0.4	7:06	4:51	☀