
































## Alcatraz Island, CA - Nov 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:56	6.1	11:22	4.8	3:39	2.0	4:34	-0.2	6:35	5:10	
2	Mon	10:27	6.3			4:14	2.3	5:11	-0.6	6:36	5:09	
3	Tue	12:13	4.8	11:01 AM	6.5	4:52	2.6	5:52	-0.9	6:37	5:08	
4	Wed	1:05	4.8	11:39 AM	6.5	5:32	2.9	6:36	-1.0	6:38	5:07	
5	Thu	2:00	4.7	12:23	6.5	6:17	3.1	7:25	-1.0	6:39	5:06	
6	Fri	2:57	4.7	1:13	6.3	7:10	3.3	8:19	-0.9	6:40	5:05	
7	Sat	3:57	4.7	2:10	5.9	8:14	3.3	9:18	-0.6	6:41	5:04	
8	Sun	4:56	4.7	3:18	5.5	9:36	3.2	10:20	-0.3	6:43	5:03	
9	Mon	5:52	5.0	4:36	5.1	11:07	2.8	11:23	0.1	6:44	5:03	
10	Tue	6:41	5.3	6:00	4.7			12:26	2.2	6:45	5:02	
11	Wed	7:25	5.6	7:22	4.6	12:22	0.5	1:32	1.5	6:46	5:01	
12	Thu	8:05	6.0	8:37	4.6	1:15	0.9	2:27	0.7	6:47	5:00	
13	Fri	8:42	6.3	9:44	4.7	2:04	1.3	3:16	0.1	6:48	4:59	
14	Sat	9:17	6.4	10:44	4.8	2:49	1.8	4:00	-0.4	6:49	4:58	
15	Sun	9:52	6.5	11:39	4.8	3:33	2.2	4:42	-0.7	6:50	4:58	
16	Mon	10:27	6.5			4:17	2.6	5:21	-0.9	6:51	4:57	
17	Tue	12:31	4.9	11:01 AM	6.4	5:00	2.9	6:00	-0.9	6:52	4:56	
18	Wed	1:19	4.8	11:37 AM	6.2	5:43	3.2	6:39	-0.7	6:53	4:56	
19	Thu	2:07	4.8	12:14	5.9	6:28	3.3	7:19	-0.6	6:54	4:55	
20	Fri	2:53	4.7	12:54	5.6	7:15	3.4	8:01	-0.3	6:55	4:55	
21	Sat	3:40	4.6	1:37	5.3	8:09	3.4	8:45	0.0	6:56	4:54	
22	Sun	4:26	4.5	2:26	4.9	9:14	3.4	9:32	0.3	6:57	4:54	
23	Mon	5:10	4.6	3:24	4.5	10:30	3.2	10:20	0.6	6:58	4:53	
24	Tue	5:50	4.7	4:33	4.1	11:43	2.8	11:10	0.9	6:59	4:53	
25	Wed	6:26	4.9	5:54	3.9			12:44	2.3	7:00	4:52	
26	Thu	6:59	5.2	7:15	3.8			1:35	1.7	7:01	4:52	
27	Fri	7:31	5.5	8:29	3.9	12:46	1.7	2:17	1.1	7:02	4:51	
28	Sat	8:03	5.9	9:34	4.2	1:32	2.0	2:57	0.4	7:03	4:51	
29	Sun	8:37	6.2	10:31	4.4	2:16	2.4	3:35	-0.2	7:04	4:51	
30	Mon	9:13	6.5	11:24	4.6	2:59	2.7	4:14	-0.7	7:05	4:51	