
































Alcatraz Island, CA - Nov 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:38	5.4	8:28	4.8	1:35	0.4	2:34	1.6	7:35	6:11	
2	Tue	9:17	5.8	9:40	4.9	2:27	0.7	3:28	0.8	7:36	6:10	
3	Wed	9:54	6.2	10:46	5.0	3:16	1.0	4:17	0.0	7:37	6:09	
4	Thu	10:31	6.6	11:47	5.1	4:02	1.5	5:04	-0.6	7:38	6:07	
5	Fri	11:09	6.8			4:48	1.9	5:50	-1.0	7:39	6:06	
6	Sat	12:44	5.1	11:48 AM	6.8	5:34	2.3	6:36	-1.2	7:40	6:06	
7	Sun	1:40	5.1	11:29 AM	6.7	5:20	2.6	6:22	-1.2	6:41	5:05	
8	Mon	1:35	5.0	12:11	6.5	6:09	2.9	7:08	-1.0	6:42	5:04	
9	Tue	2:29	4.9	12:56	6.1	7:02	3.1	7:57	-0.7	6:43	5:03	
10	Wed	3:25	4.8	1:44	5.7	8:02	3.2	8:47	-0.3	6:44	5:02	
11	Thu	4:22	4.8	2:37	5.2	9:12	3.2	9:41	0.1	6:45	5:01	
12	Fri	5:17	4.7	3:38	4.7	10:31	3.1	10:36	0.5	6:47	5:00	
13	Sat	6:07	4.8	4:49	4.3	11:46	2.8	11:32	0.8	6:48	4:59	
14	Sun	6:50	5.0	6:06	4.1			12:50	2.3	6:49	4:59	
15	Mon	7:25	5.1	7:22	4.0	12:23	1.2	1:43	1.8	6:50	4:58	
16	Tue	7:55	5.3	8:31	4.1	1:10	1.5	2:28	1.3	6:51	4:57	
17	Wed	8:23	5.6	9:30	4.2	1:52	1.8	3:07	0.7	6:52	4:57	
18	Thu	8:51	5.8	10:22	4.3	2:32	2.1	3:42	0.3	6:53	4:56	
19	Fri	9:21	6.0	11:10	4.5	3:09	2.4	4:15	-0.1	6:54	4:55	
20	Sat	9:52	6.2	11:56	4.6	3:45	2.7	4:49	-0.4	6:55	4:55	
21	Sun	10:26	6.3			4:22	2.9	5:24	-0.7	6:56	4:54	
22	Mon	12:40	4.7	11:03 AM	6.3	5:01	3.1	6:02	-0.9	6:57	4:54	
23	Tue	1:25	4.7	11:42 AM	6.3	5:42	3.2	6:42	-0.9	6:58	4:53	
24	Wed	2:11	4.7	12:26	6.2	6:27	3.2	7:26	-0.9	6:59	4:53	
25	Thu	2:58	4.7	1:14	5.9	7:20	3.2	8:14	-0.7	7:00	4:52	
26	Fri	3:46	4.8	2:09	5.6	8:24	3.1	9:04	-0.5	7:01	4:52	
27	Sat	4:34	5.0	3:15	5.1	9:41	2.9	9:58	0.0	7:02	4:52	
28	Sun	5:22	5.2	4:33	4.6	11:03	2.4	10:54	0.5	7:03	4:51	
29	Mon	6:08	5.5	6:01	4.3			12:19	1.7	7:04	4:51	
30	Tue	6:52	5.9	7:29	4.2			1:23	0.9	7:05	4:51	