
































Alcatraz Island, CA - Nov 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:52	4.9	4:31	5.4	10:56	3.0	11:29	0.0	7:35	6:11	
2	Wed	6:54	5.0	5:43	4.9			12:20	2.8	7:36	6:10	
3	Thu	7:48	5.1	7:01	4.6	12:31	0.4	1:34	2.3	7:37	6:09	
4	Fri	8:33	5.3	8:17	4.4	1:29	0.7	2:35	1.8	7:38	6:08	
5	Sat	9:10	5.5	9:24	4.4	2:20	1.1	3:25	1.3	7:39	6:07	
6	Sun	8:42	5.6	9:23	4.5	2:05	1.4	3:08	0.9	6:40	5:06	
7	Mon	9:11	5.7	10:15	4.5	2:45	1.7	3:46	0.5	6:41	5:05	
8	Tue	9:37	5.8	11:02	4.6	3:21	2.0	4:20	0.2	6:42	5:04	
9	Wed	10:04	5.9	11:46	4.6	3:56	2.3	4:52	-0.1	6:43	5:03	
10	Thu	10:32	6.0			4:30	2.6	5:23	-0.2	6:44	5:02	
11	Fri	12:28	4.6	11:03 AM	6.0	5:04	2.8	5:56	-0.3	6:45	5:01	
12	Sat	1:10	4.6	11:35 AM	5.9	5:39	3.0	6:30	-0.4	6:46	5:00	
13	Sun	1:52	4.6	12:11	5.8	6:16	3.1	7:07	-0.4	6:47	5:00	
14	Mon	2:36	4.5	12:50	5.7	6:57	3.2	7:48	-0.3	6:48	4:59	
15	Tue	3:23	4.5	1:35	5.5	7:47	3.3	8:33	-0.2	6:49	4:58	
16	Wed	4:12	4.6	2:27	5.2	8:50	3.3	9:24	0.0	6:51	4:57	
17	Thu	5:00	4.7	3:32	4.8	10:06	3.0	10:18	0.3	6:52	4:57	
18	Fri	5:47	5.0	4:49	4.5	11:25	2.6	11:15	0.6	6:53	4:56	
19	Sat	6:30	5.3	6:14	4.3			12:34	1.9	6:54	4:55	
20	Sun	7:11	5.7	7:37	4.4	12:12	0.9	1:32	1.1	6:55	4:55	
21	Mon	7:51	6.1	8:51	4.5	1:06	1.3	2:24	0.3	6:56	4:54	
22	Tue	8:31	6.5	9:58	4.7	1:58	1.7	3:14	-0.5	6:57	4:54	
23	Wed	9:13	6.9	10:58	4.9	2:49	2.0	4:02	-1.1	6:58	4:53	
24	Thu	9:57	7.1	11:54	5.1	3:39	2.3	4:49	-1.5	6:59	4:53	
25	Fri	10:42	7.1			4:30	2.5	5:37	-1.6	7:00	4:52	
26	Sat	12:47	5.1	11:29 AM	7.0	5:22	2.7	6:25	-1.5	7:01	4:52	
27	Sun	1:39	5.2	12:18	6.7	6:16	2.8	7:13	-1.3	7:02	4:52	
28	Mon	2:31	5.1	1:08	6.2	7:15	2.9	8:02	-0.9	7:03	4:51	
29	Tue	3:22	5.1	2:02	5.7	8:20	2.9	8:52	-0.4	7:04	4:51	
30	Wed	4:13	5.1	3:00	5.0	9:33	2.8	9:43	0.1	7:05	4:51	