
































## Alcatraz Island, CA - Nov 2012

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:41	4.6	1:13	5.7	7:20	2.9	8:04	-0.1	7:35	6:10	
2	Fri	3:25	4.5	1:49	5.6	7:59	3.1	8:43	0.0	7:36	6:09	
3	Sat	4:12	4.5	2:29	5.3	8:44	3.2	9:26	0.2	7:37	6:08	
4	Sun	4:02	4.4	2:16	5.1	8:40	3.3	9:14	0.3	6:39	5:07	
5	Mon	4:55	4.5	3:12	4.8	9:52	3.2	10:07	0.5	6:40	5:06	
6	Tue	5:45	4.6	4:19	4.5	11:10	3.0	11:04	0.7	6:41	5:05	
7	Wed	6:29	4.8	5:36	4.4			12:18	2.6	6:42	5:04	
8	Thu	7:08	5.1	6:53	4.4	12:00	0.9	1:13	1.9	6:43	5:03	
9	Fri	7:45	5.5	8:04	4.5	12:52	1.1	2:01	1.2	6:44	5:02	
10	Sat	8:21	5.9	9:09	4.7	1:40	1.3	2:46	0.5	6:45	5:01	
11	Sun	8:57	6.3	10:10	4.9	2:27	1.6	3:30	-0.2	6:46	5:01	
12	Mon	9:36	6.6	11:07	5.0	3:13	1.8	4:15	-0.9	6:47	5:00	
13	Tue	10:17	6.9			3:59	2.1	5:01	-1.3	6:48	4:59	
14	Wed	12:02	5.1	11:01 AM	7.0	4:47	2.3	5:49	-1.5	6:49	4:58	
15	Thu	12:57	5.2	11:48 AM	7.0	5:37	2.5	6:39	-1.5	6:50	4:58	
16	Fri	1:51	5.2	12:39	6.7	6:32	2.7	7:30	-1.3	6:51	4:57	
17	Sat	2:46	5.1	1:33	6.3	7:33	2.8	8:24	-1.0	6:52	4:56	
18	Sun	3:43	5.1	2:33	5.8	8:44	2.8	9:21	-0.5	6:53	4:56	
19	Mon	4:40	5.2	3:41	5.2	10:05	2.6	10:20	0.0	6:55	4:55	
20	Tue	5:36	5.4	4:57	4.7	11:28	2.3	11:20	0.5	6:56	4:54	
21	Wed	6:27	5.5	6:20	4.3			12:41	1.8	6:57	4:54	
22	Thu	7:14	5.7	7:41	4.2	12:18	1.0	1:43	1.2	6:58	4:53	
23	Fri	7:55	5.9	8:51	4.3	1:12	1.4	2:34	0.7	6:59	4:53	
24	Sat	8:32	6.0	9:52	4.4	2:01	1.8	3:18	0.3	7:00	4:52	
25	Sun	9:06	6.1	10:44	4.6	2:46	2.2	3:57	0.0	7:01	4:52	
26	Mon	9:37	6.1	11:30	4.6	3:28	2.5	4:32	-0.2	7:02	4:52	
27	Tue	10:08	6.1			4:07	2.7	5:06	-0.4	7:03	4:51	
28	Wed	12:12	4.7	10:40 AM	6.1	4:45	2.9	5:38	-0.4	7:04	4:51	
29	Thu	12:51	4.7	11:13 AM	6.0	5:22	3.0	6:10	-0.5	7:05	4:51	
30	Fri	1:29	4.7	11:47 AM	5.9	5:59	3.1	6:43	-0.4	7:06	4:51	