
































Alcatraz Island, CA - Nov 2014

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:08	5.3	7:48	4.9	12:59	0.3	1:59	1.9	7:35	6:11	
2	Sun	7:54	5.7	8:02	5.0	1:58	0.5	1:58	1.2	6:36	5:10	
3	Mon	8:36	6.0	9:08	5.1	1:52	0.7	2:50	0.6	6:37	5:08	
4	Tue	9:16	6.3	10:08	5.2	2:41	1.0	3:39	0.0	6:38	5:07	
5	Wed	9:55	6.5	11:05	5.2	3:28	1.3	4:24	-0.5	6:39	5:06	
6	Thu	10:34	6.6	11:58	5.2	4:14	1.6	5:08	-0.7	6:40	5:05	
7	Fri	11:12	6.6			4:59	2.0	5:51	-0.8	6:41	5:05	
8	Sat	12:50	5.2	11:51 AM	6.4	5:45	2.3	6:34	-0.8	6:42	5:04	
9	Sun	1:42	5.1	12:31	6.1	6:32	2.6	7:18	-0.6	6:43	5:03	
10	Mon	2:33	5.0	1:12	5.8	7:23	2.8	8:03	-0.3	6:44	5:02	
11	Tue	3:26	4.8	1:57	5.4	8:21	3.0	8:51	0.0	6:45	5:01	
12	Wed	4:21	4.8	2:48	4.9	9:28	3.0	9:42	0.4	6:47	5:00	
13	Thu	5:15	4.8	3:47	4.5	10:43	2.9	10:38	0.7	6:48	4:59	
14	Fri	6:06	4.8	4:58	4.2	11:54	2.7	11:34	1.0	6:49	4:59	
15	Sat	6:50	5.0	6:13	4.1			12:55	2.2	6:50	4:58	
16	Sun	7:27	5.2	7:26	4.1	12:28	1.2	1:46	1.8	6:51	4:57	
17	Mon	8:01	5.4	8:29	4.2	1:16	1.5	2:29	1.3	6:52	4:56	
18	Tue	8:33	5.6	9:25	4.3	2:00	1.7	3:08	0.8	6:53	4:56	
19	Wed	9:05	5.9	10:15	4.5	2:40	1.9	3:43	0.3	6:54	4:55	
20	Thu	9:37	6.1	11:03	4.6	3:18	2.1	4:17	-0.1	6:55	4:55	
21	Fri	10:11	6.2	11:49	4.8	3:55	2.3	4:53	-0.5	6:56	4:54	
22	Sat	10:46	6.3			4:34	2.5	5:30	-0.7	6:57	4:54	
23	Sun	12:35	4.9	11:25 AM	6.4	5:15	2.6	6:10	-0.9	6:58	4:53	
24	Mon	1:21	4.9	12:07	6.3	6:00	2.7	6:53	-1.0	6:59	4:53	
25	Tue	2:09	4.9	12:53	6.1	6:49	2.8	7:40	-0.9	7:00	4:52	
26	Wed	2:59	5.0	1:45	5.8	7:46	2.8	8:30	-0.6	7:01	4:52	
27	Thu	3:52	5.1	2:45	5.4	8:55	2.8	9:24	-0.3	7:02	4:52	
28	Fri	4:45	5.2	3:56	4.9	10:15	2.5	10:22	0.1	7:03	4:51	
29	Sat	5:38	5.5	5:17	4.6	11:37	2.1	11:23	0.6	7:04	4:51	
30	Sun	6:29	5.8	6:42	4.4			12:49	1.4	7:05	4:51	