
































Alcatraz Island, CA - Nov 2015

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:02	5.0	2:49	5.5	9:05	2.8	9:42	0.0	6:35	5:11	
2	Mon	5:06	5.0	3:52	5.1	10:24	2.8	10:45	0.3	6:36	5:10	
3	Tue	6:09	5.0	5:03	4.7	11:42	2.7	11:48	0.6	6:37	5:09	
4	Wed	7:03	5.1	6:17	4.5			12:50	2.3	6:38	5:08	
5	Thu	7:48	5.3	7:28	4.4	12:45	0.9	1:47	1.9	6:39	5:07	
6	Fri	8:25	5.4	8:30	4.5	1:35	1.1	2:34	1.4	6:40	5:06	
7	Sat	8:57	5.5	9:24	4.5	2:19	1.3	3:14	1.0	6:41	5:05	
8	Sun	9:26	5.7	10:11	4.6	2:57	1.5	3:50	0.6	6:42	5:04	
9	Mon	9:53	5.8	10:56	4.7	3:33	1.8	4:24	0.3	6:43	5:03	
10	Tue	10:21	5.9	11:38	4.7	4:06	2.0	4:55	0.1	6:44	5:02	
11	Wed	10:50	5.9			4:39	2.2	5:27	-0.1	6:45	5:01	
12	Thu	12:20	4.7	11:21 AM	5.9	5:13	2.5	6:00	-0.3	6:46	5:00	
13	Fri	1:02	4.7	11:54 AM	5.9	5:48	2.7	6:36	-0.4	6:47	5:00	
14	Sat	1:47	4.7	12:30	5.8	6:27	2.8	7:15	-0.4	6:48	4:59	
15	Sun	2:33	4.7	1:11	5.6	7:11	3.0	7:58	-0.3	6:49	4:58	
16	Mon	3:24	4.7	1:58	5.4	8:04	3.1	8:47	-0.2	6:51	4:57	
17	Tue	4:17	4.7	2:55	5.1	9:11	3.0	9:42	0.0	6:52	4:57	
18	Wed	5:11	4.9	4:05	4.8	10:31	2.8	10:42	0.3	6:53	4:56	
19	Thu	6:03	5.1	5:26	4.6	11:50	2.4	11:43	0.5	6:54	4:55	
20	Fri	6:52	5.5	6:48	4.5			12:58	1.7	6:55	4:55	
21	Sat	7:36	5.9	8:04	4.6	12:42	0.8	1:55	1.0	6:56	4:54	
22	Sun	8:19	6.2	9:12	4.8	1:37	1.0	2:47	0.2	6:57	4:54	
23	Mon	9:01	6.6	10:14	5.0	2:29	1.3	3:35	-0.4	6:58	4:53	
24	Tue	9:43	6.8	11:12	5.2	3:19	1.6	4:22	-0.9	6:59	4:53	
25	Wed	10:26	6.9			4:08	1.9	5:08	-1.2	7:00	4:52	
26	Thu	12:06	5.2	11:09 AM	6.8	4:57	2.2	5:54	-1.3	7:01	4:52	
27	Fri	12:59	5.3	11:53 AM	6.6	5:48	2.4	6:40	-1.1	7:02	4:52	
28	Sat	1:50	5.2	12:38	6.3	6:41	2.6	7:26	-0.9	7:03	4:51	
29	Sun	2:42	5.2	1:25	5.9	7:38	2.7	8:13	-0.5	7:04	4:51	
30	Mon	3:34	5.1	2:15	5.4	8:41	2.8	9:03	-0.1	7:05	4:51	