
































Alcatraz Island, CA - Nov 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:25	4.9	3:02	5.8	9:10	3.0	10:01	-0.3	7:35	6:11	
2	Sat	5:34	4.8	3:54	5.3	10:22	3.3	11:01	0.1	7:36	6:10	
3	Sun	5:43	4.8	3:56	4.9	10:47	3.3	11:05	0.3	6:37	5:09	
4	Mon	6:45	4.9	5:08	4.6			12:06	3.1	6:38	5:08	
5	Tue	7:34	5.0	6:22	4.5	12:07	0.5	1:10	2.7	6:39	5:07	
6	Wed	8:13	5.1	7:30	4.5	1:02	0.7	2:01	2.2	6:40	5:06	
7	Thu	8:44	5.3	8:29	4.5	1:49	0.8	2:44	1.7	6:41	5:05	
8	Fri	9:11	5.4	9:22	4.6	2:29	1.0	3:22	1.3	6:42	5:04	
9	Sat	9:36	5.6	10:10	4.6	3:05	1.3	3:56	0.8	6:43	5:03	
10	Sun	10:01	5.7	10:56	4.7	3:38	1.5	4:28	0.5	6:44	5:02	
11	Mon	10:28	5.9	11:41	4.7	4:10	1.8	5:00	0.1	6:45	5:01	
12	Tue	10:55	6.0			4:43	2.1	5:32	-0.2	6:46	5:00	
13	Wed	12:27	4.7	11:25 AM	6.1	5:17	2.4	6:07	-0.4	6:47	5:00	
14	Thu	1:15	4.7	11:58 AM	6.1	5:53	2.7	6:46	-0.5	6:48	4:59	
15	Fri	2:05	4.7	12:35	6.0	6:33	3.0	7:29	-0.6	6:50	4:58	
16	Sat	2:59	4.6	1:18	5.8	7:20	3.2	8:18	-0.5	6:51	4:57	
17	Sun	3:58	4.6	2:09	5.6	8:19	3.3	9:13	-0.4	6:52	4:57	
18	Mon	4:58	4.7	3:12	5.3	9:36	3.3	10:15	-0.2	6:53	4:56	
19	Tue	5:56	4.9	4:28	5.0	11:03	3.1	11:18	0.0	6:54	4:55	
20	Wed	6:47	5.2	5:51	4.8			12:22	2.5	6:55	4:55	
21	Thu	7:31	5.5	7:12	4.7	12:20	0.2	1:26	1.8	6:56	4:54	
22	Fri	8:12	5.9	8:27	4.8	1:16	0.5	2:22	1.0	6:57	4:54	
23	Sat	8:50	6.3	9:34	4.9	2:07	0.9	3:11	0.2	6:58	4:53	
24	Sun	9:28	6.5	10:35	5.0	2:55	1.2	3:59	-0.4	6:59	4:53	
25	Mon	10:06	6.7	11:33	5.1	3:41	1.7	4:44	-0.8	7:00	4:52	
26	Tue	10:44	6.8			4:27	2.1	5:28	-1.1	7:01	4:52	
27	Wed	12:28	5.1	11:23 AM	6.7	5:14	2.5	6:12	-1.1	7:02	4:52	
28	Thu	1:22	5.1	12:03	6.4	6:01	2.8	6:56	-1.0	7:03	4:51	
29	Fri	2:15	5.0	12:44	6.1	6:52	3.0	7:41	-0.8	7:04	4:51	
30	Sat	3:09	4.9	1:27	5.7	7:48	3.2	8:28	-0.5	7:05	4:51	