































Alcatraz Island, CA - Nov 2021

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:41	4.6	5:47	5.2			12:23	3.4	7:35	6:10	
2	Sat	8:27	4.9	7:11	5.1	12:55	-0.1	1:42	2.9	7:36	6:09	
3	Sun	8:06	5.3	7:28	5.1	1:55	0.0	1:44	2.1	6:37	5:08	
4	Mon	8:41	5.7	8:39	5.1	1:46	0.2	2:37	1.2	6:38	5:07	
5	Tue	9:14	6.0	9:44	5.1	2:33	0.5	3:25	0.4	6:40	5:06	
6	Wed	9:48	6.4	10:45	5.1	3:16	1.0	4:12	-0.3	6:41	5:05	
7	Thu	10:22	6.6	11:45	5.1	3:59	1.5	4:58	-0.8	6:42	5:04	
8	Fri	10:57	6.7			4:42	2.0	5:43	-1.1	6:43	5:03	
9	Sat	12:43	5.1	11:34 AM	6.7	5:26	2.5	6:28	-1.1	6:44	5:02	
10	Sun	1:41	5.0	12:12	6.5	6:12	2.9	7:14	-1.0	6:45	5:01	
11	Mon	2:40	4.9	12:54	6.1	7:03	3.3	8:03	-0.7	6:46	5:01	
12	Tue	3:42	4.8	1:39	5.7	8:03	3.5	8:55	-0.3	6:47	5:00	
13	Wed	4:46	4.7	2:31	5.3	9:16	3.6	9:53	0.0	6:48	4:59	
14	Thu	5:47	4.7	3:33	4.8	10:40	3.5	10:53	0.3	6:49	4:58	
15	Fri	6:40	4.8	4:45	4.5	11:57	3.1	11:52	0.6	6:50	4:58	
16	Sat	7:21	4.9	6:02	4.2			1:00	2.7	6:51	4:57	
17	Sun	7:54	5.1	7:15	4.2	12:43	0.8	1:51	2.1	6:52	4:56	
18	Mon	8:22	5.3	8:21	4.2	1:28	1.1	2:34	1.6	6:53	4:56	
19	Tue	8:46	5.5	9:19	4.2	2:07	1.4	3:12	1.0	6:54	4:55	
20	Wed	9:11	5.7	10:13	4.3	2:42	1.7	3:47	0.5	6:55	4:54	
21	Thu	9:36	5.9	11:03	4.4	3:16	2.1	4:20	0.1	6:57	4:54	
22	Fri	10:03	6.1	11:52	4.5	3:49	2.4	4:53	-0.3	6:58	4:53	
23	Sat	10:33	6.2			4:23	2.8	5:28	-0.6	6:59	4:53	
24	Sun	12:40	4.6	11:06 AM	6.3	5:00	3.1	6:06	-0.8	7:00	4:52	
25	Mon	1:29	4.6	11:42 AM	6.3	5:39	3.3	6:47	-1.0	7:01	4:52	
26	Tue	2:21	4.6	12:24	6.2	6:23	3.4	7:34	-1.0	7:02	4:52	
27	Wed	3:14	4.6	1:12	6.0	7:15	3.5	8:24	-0.8	7:03	4:51	
28	Thu	4:09	4.7	2:08	5.7	8:20	3.5	9:20	-0.6	7:04	4:51	
29	Fri	5:02	4.8	3:15	5.3	9:43	3.4	10:18	-0.3	7:05	4:51	
30	Sat	5:52	5.0	4:34	4.8	11:13	2.9	11:17	0.1	7:06	4:51	