

Alcatraz Island, CA - Nov 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:15	5.2	12:29	6.8	6:15	2.0	7:12	-1.2	7:36	6:09	
2	Fri	2:16	5.1	1:10	6.8	7:00	2.5	8:03	-1.3	7:37	6:08	
3	Sat	3:19	5.0	1:56	6.7	7:50	2.9	8:58	-1.2	7:38	6:07	
4	Sun	3:26	4.9	1:48	6.3	7:49	3.2	8:58	-0.9	6:39	5:06	
5	Mon	4:36	4.8	2:49	5.9	9:04	3.4	10:05	-0.5	6:40	5:05	
6	Tue	5:45	4.9	4:01	5.4	10:36	3.3	11:14	-0.2	6:41	5:04	
7	Wed	6:45	5.1	5:20	5.0			12:03	2.9	6:42	5:03	
8	Thu	7:35	5.3	6:40	4.8	12:18	0.1	1:13	2.4	6:43	5:03	
9	Fri	8:17	5.5	7:53	4.7	1:14	0.4	2:11	1.8	6:44	5:02	
10	Sat	8:52	5.7	8:57	4.6	2:02	0.7	2:59	1.2	6:45	5:01	
11	Sun	9:23	5.8	9:54	4.6	2:43	1.1	3:41	0.7	6:47	5:00	
12	Mon	9:50	5.9	10:47	4.6	3:20	1.5	4:18	0.3	6:48	4:59	
13	Tue	10:15	5.9	11:35	4.6	3:55	1.9	4:52	0.0	6:49	4:58	
14	Wed	10:39	6.0			4:28	2.4	5:24	-0.2	6:50	4:58	
15	Thu	12:22	4.6	11:04 AM	5.9	5:01	2.7	5:56	-0.3	6:51	4:57	
16	Fri	1:07	4.6	11:31 AM	5.9	5:34	3.1	6:29	-0.3	6:52	4:56	
17	Sat	1:53	4.5	12:01	5.8	6:09	3.3	7:05	-0.3	6:53	4:56	
18	Sun	2:40	4.5	12:36	5.6	6:46	3.5	7:45	-0.2	6:54	4:55	
19	Mon	3:30	4.4	1:15	5.4	7:31	3.6	8:29	-0.1	6:55	4:55	
20	Tue	4:24	4.4	2:02	5.2	8:29	3.7	9:19	0.0	6:56	4:54	
21	Wed	5:17	4.5	3:00	4.9	9:48	3.7	10:15	0.2	6:57	4:53	
22	Thu	6:05	4.6	4:10	4.6	11:14	3.4	11:11	0.3	6:58	4:53	
23	Fri	6:44	4.9	5:30	4.4			12:24	2.8	6:59	4:53	
24	Sat	7:20	5.2	6:52	4.4	12:06	0.5	1:19	2.1	7:00	4:52	
25	Sun	7:53	5.6	8:08	4.4	12:57	0.8	2:08	1.3	7:01	4:52	
26	Mon	8:26	6.0	9:17	4.6	1:45	1.1	2:53	0.4	7:02	4:51	
27	Tue	9:00	6.5	10:21	4.8	2:31	1.5	3:39	-0.4	7:03	4:51	
28	Wed	9:37	6.8	11:22	5.0	3:16	1.9	4:25	-1.1	7:04	4:51	
29	Thu	10:17	7.1			4:03	2.4	5:12	-1.5	7:05	4:51	
30	Fri	12:21	5.1	11:00 AM	7.2	4:51	2.7	6:00	-1.7	7:06	4:50	