

Albany, NY - Jan 1968

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:50	4.5	5:02	5.4	11:42	0.0			7:25	4:31	
2	Tue	5:43	4.5	5:56	5.2	12:34	-0.2	12:32	0.1	7:25	4:32	
3	Wed	6:39	4.5	6:51	5.1	1:22	-0.1	1:21	0.2	7:25	4:33	
4	Thu	7:34	4.5	7:46	5.0	2:08	0.0	2:11	0.3	7:25	4:34	
5	Fri	8:27	4.6	8:40	4.9	2:53	0.1	3:03	0.5	7:25	4:35	
6	Sat	9:19	4.6	9:32	4.7	3:38	0.2	3:56	0.6	7:25	4:36	
7	Sun	10:10	4.7	10:26	4.6	4:22	0.2	4:52	0.7	7:25	4:37	
8	Mon	11:00	4.8	11:20	4.4	5:06	0.3	5:48	0.7	7:24	4:38	
9	Tue	11:50	4.9			5:51	0.4	6:45	0.6	7:24	4:39	
10	Wed	12:14	4.3	12:39	5.0	6:36	0.5	7:40	0.5	7:24	4:40	
11	Thu	1:06	4.3	1:25	5.1	7:23	0.5	8:32	0.3	7:24	4:41	
12	Fri	1:56	4.3	2:08	5.2	8:11	0.5	9:21	0.2	7:23	4:42	
13	Sat	2:42	4.3	2:46	5.3	8:57	0.4	10:08	0.0	7:23	4:43	
14	Sun	3:25	4.3	3:21	5.3	9:43	0.3	10:52	0.0	7:23	4:44	
15	Mon	4:05	4.3	3:52	5.4	10:29	0.2	11:35	0.0	7:22	4:45	
16	Tue	4:43	4.4	4:22	5.4	11:14	0.2			7:22	4:47	
17	Wed	5:20	4.5	4:59	5.5	12:16	-0.1	11:59 AM	0.1	7:21	4:48	
18	Thu	5:58	4.6	5:43	5.4	12:57	-0.1	12:45	0.1	7:21	4:49	
19	Fri	6:40	4.8	6:32	5.4	1:38	-0.1	1:35	0.1	7:20	4:50	
20	Sat	7:26	4.9	7:27	5.2	2:20	0.0	2:28	0.2	7:20	4:51	
21	Sun	8:17	5.1	8:29	5.0	3:05	0.0	3:28	0.3	7:19	4:53	
22	Mon	9:12	5.2	9:37	4.8	3:54	0.1	4:33	0.4	7:18	4:54	
23	Tue	10:12	5.2	10:48	4.6	4:48	0.2	5:40	0.5	7:17	4:55	
24	Wed	11:16	5.2	11:56	4.4	5:47	0.3	6:47	0.4	7:17	4:56	
25	Thu			12:20	5.3	6:49	0.3	7:50	0.3	7:16	4:58	
26	Fri	1:00	4.5	1:20	5.3	7:50	0.2	8:49	0.1	7:15	4:59	
27	Sat	1:58	4.6	2:17	5.4	8:49	0.1	9:44	-0.1	7:14	5:00	
28	Sun	2:52	4.7	3:10	5.5	9:44	0.0	10:35	-0.2	7:13	5:02	
29	Mon	3:43	4.8	4:00	5.4	10:35	-0.1	11:23	-0.2	7:12	5:03	
30	Tue	4:33	4.8	4:48	5.4	11:25	-0.1			7:11	5:04	
31	Wed	5:22	4.8	5:36	5.3	12:08	-0.2	12:12	0.0	7:10	5:05	