

Albany, NY - Aug 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:26	5.2	8:07	4.8	2:05	-0.3	2:40	-0.7	5:46	8:15	
2	Sat	8:21	5.0	9:01	4.9	2:58	-0.2	3:25	-0.6	5:47	8:14	
3	Sun	9:16	4.8	9:54	4.9	3:52	-0.1	4:11	-0.5	5:48	8:13	
4	Mon	10:12	4.5	10:47	5.0	4:48	0.1	4:57	-0.3	5:49	8:12	
5	Tue	11:08	4.3	11:40	4.9	5:46	0.2	5:45	0.0	5:50	8:10	
6	Wed			12:05	4.1	6:45	0.2	6:36	0.1	5:51	8:09	
7	Thu	12:34	4.9	1:03	4.0	7:43	0.2	7:28	0.3	5:53	8:08	
8	Fri	1:27	4.9	1:59	4.0	8:38	0.0	8:20	0.3	5:54	8:07	
9	Sat	2:18	5.0	2:51	4.1	9:30	-0.1	9:11	0.3	5:55	8:05	
10	Sun	3:05	5.0	3:39	4.2	10:18	-0.3	9:59	0.2	5:56	8:04	
11	Mon	3:48	5.1	4:23	4.3	11:01	-0.4	10:44	0.2	5:57	8:02	
12	Tue	4:27	5.1	5:04	4.3	11:42	-0.5	11:27	0.1	5:58	8:01	
13	Wed	5:01	5.1	5:42	4.4			12:19	-0.5	5:59	8:00	
14	Thu	5:30	5.0	6:17	4.5	12:08	0.1	12:55	-0.4	6:00	7:58	
15	Fri	5:55	5.0	6:47	4.6	12:49	0.1	1:28	-0.4	6:01	7:57	
16	Sat	6:22	4.9	7:13	4.8	1:30	0.1	2:00	-0.4	6:02	7:55	
17	Sun	6:58	4.8	7:42	5.0	2:14	0.2	2:30	-0.3	6:03	7:54	
18	Mon	7:42	4.6	8:20	5.1	3:01	0.3	3:01	-0.2	6:04	7:52	
19	Tue	8:31	4.4	9:06	5.2	3:55	0.4	3:38	-0.1	6:05	7:51	
20	Wed	9:28	4.1	10:00	5.1	5:00	0.6	4:26	0.1	6:06	7:49	
21	Thu	10:41	3.8	11:05	5.0	6:10	0.6	5:34	0.3	6:08	7:48	
22	Fri			12:11	3.7	7:19	0.5	6:57	0.4	6:09	7:46	
23	Sat	12:25	4.9	1:26	3.7	8:24	0.3	8:11	0.3	6:10	7:44	
24	Sun	1:41	5.0	2:30	4.0	9:24	0.0	9:17	0.1	6:11	7:43	
25	Mon	2:45	5.2	3:27	4.2	10:19	-0.3	10:17	-0.2	6:12	7:41	
26	Tue	3:42	5.3	4:19	4.5	11:09	-0.6	11:12	-0.4	6:13	7:40	
27	Wed	4:34	5.4	5:08	4.7	11:57	-0.8			6:14	7:38	
28	Thu	5:23	5.4	5:57	4.9	12:05	-0.5	12:42	-0.8	6:15	7:36	
29	Fri	6:12	5.3	6:46	5.0	12:55	-0.5	1:25	-0.8	6:16	7:35	
30	Sat	7:02	5.1	7:35	5.0	1:45	-0.4	2:07	-0.6	6:17	7:33	
31	Sun	7:54	4.8	8:25	5.0	2:36	-0.2	2:49	-0.4	6:18	7:31	