

Albany, NY - Jan 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:09	4.8	10:07	4.2	4:27	0.5	5:22	1.0	7:25	4:31	
2	Fri	11:01	4.9	11:32	4.0	5:19	0.5	6:32	0.9	7:25	4:32	
3	Sat	11:58	5.0			6:19	0.6	7:37	0.7	7:25	4:33	
4	Sun	12:41	4.0	12:55	5.2	7:22	0.5	8:37	0.5	7:25	4:34	
5	Mon	1:40	4.1	1:48	5.4	8:23	0.4	9:33	0.2	7:25	4:35	
6	Tue	2:33	4.2	2:39	5.5	9:21	0.2	10:26	0.0	7:25	4:36	
7	Wed	3:24	4.3	3:30	5.6	10:17	0.0	11:16	-0.2	7:24	4:37	
8	Thu	4:14	4.5	4:23	5.7	11:10	-0.1			7:24	4:38	
9	Fri	5:06	4.6	5:18	5.6	12:05	-0.3	12:03	-0.3	7:24	4:39	
10	Sat	6:00	4.7	6:16	5.6	12:53	-0.4	12:55	-0.3	7:24	4:40	
11	Sun	6:57	4.8	7:15	5.5	1:41	-0.4	1:49	-0.3	7:24	4:41	
12	Mon	7:53	5.0	8:13	5.3	2:28	-0.4	2:44	-0.2	7:23	4:42	
13	Tue	8:49	5.1	9:11	5.2	3:17	-0.3	3:42	-0.1	7:23	4:44	
14	Wed	9:44	5.2	10:08	5.0	4:06	-0.2	4:41	0.0	7:22	4:45	
15	Thu	10:39	5.2	11:05	4.8	4:57	-0.1	5:41	0.1	7:22	4:46	
16	Fri	11:35	5.2			5:49	0.0	6:41	0.1	7:21	4:47	
17	Sat	12:02	4.7	12:29	5.2	6:42	0.1	7:38	0.1	7:21	4:48	
18	Sun	12:57	4.6	1:21	5.2	7:34	0.2	8:32	0.0	7:20	4:50	
19	Mon	1:50	4.6	2:09	5.2	8:24	0.3	9:23	0.0	7:20	4:51	
20	Tue	2:39	4.7	2:54	5.2	9:12	0.3	10:09	-0.1	7:19	4:52	
21	Wed	3:25	4.7	3:35	5.2	9:56	0.3	10:52	-0.1	7:18	4:53	
22	Thu	4:09	4.7	4:13	5.2	10:38	0.4	11:32	0.0	7:18	4:54	
23	Fri	4:50	4.6	4:47	5.1	11:18	0.4			7:17	4:56	
24	Sat	5:30	4.6	5:17	5.0	12:09	0.1	11:56 AM	0.4	7:16	4:57	
25	Sun	6:08	4.6	5:42	5.0	12:44	0.2	12:34	0.5	7:15	4:58	
26	Mon	6:41	4.7	6:10	4.9	1:17	0.2	1:14	0.5	7:15	5:00	
27	Tue	7:08	4.8	6:49	4.8	1:47	0.3	1:57	0.6	7:14	5:01	
28	Wed	7:35	5.0	7:34	4.6	2:17	0.3	2:47	0.7	7:13	5:02	
29	Thu	8:12	5.1	8:27	4.4	2:50	0.4	3:47	0.9	7:12	5:04	
30	Fri	9:00	5.2	9:31	4.2	3:31	0.5	4:56	0.9	7:11	5:05	
31	Sat	9:56	5.2	10:58	4.0	4:27	0.6	6:07	0.9	7:10	5:06	