

Albany, NY - Mar 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:22	5.5	10:45	4.4	4:04	1.0	5:45	1.1	6:30	5:44	
2	Mon	10:39	5.4	11:58	4.5	5:25	1.1	6:50	1.0	6:29	5:45	
3	Tue			12:05	5.4	6:41	1.0	7:50	0.8	6:27	5:46	
4	Wed	1:02	4.7	1:15	5.6	7:49	0.7	8:46	0.5	6:25	5:47	
5	Thu	1:58	5.1	2:14	5.8	8:49	0.4	9:37	0.2	6:24	5:48	
6	Fri	2:49	5.4	3:06	6.0	9:45	0.1	10:25	0.1	6:22	5:50	
7	Sat	3:37	5.6	3:56	6.0	10:38	-0.1	11:11	0.0	6:20	5:51	
8	Sun	4:23	5.8	4:45	6.0	11:29	-0.1	11:56	0.0	6:19	5:52	
9	Mon	5:10	5.9	5:36	5.8			12:20	-0.1	6:17	5:53	
10	Tue	5:58	5.9	6:28	5.6	12:39	0.1	1:10	0.1	6:15	5:54	
11	Wed	6:48	5.9	7:22	5.4	1:22	0.4	2:02	0.3	6:14	5:56	
12	Thu	7:39	5.8	8:18	5.2	2:06	0.6	2:55	0.6	6:12	5:57	
13	Fri	8:32	5.6	9:15	5.1	2:52	0.9	3:51	0.8	6:10	5:58	
14	Sat	9:28	5.4	10:13	5.0	3:41	1.1	4:48	0.9	6:08	5:59	
15	Sun	10:26	5.3	11:11	4.9	4:36	1.3	5:45	1.0	6:07	6:00	
16	Mon	11:26	5.2			5:34	1.4	6:40	1.0	6:05	6:02	
17	Tue	12:08	5.0	12:24	5.2	6:32	1.4	7:33	0.9	6:03	6:03	
18	Wed	1:02	5.1	1:18	5.3	7:27	1.3	8:21	0.8	6:01	6:04	
19	Thu	1:52	5.3	2:05	5.4	8:19	1.2	9:05	0.7	6:00	6:05	
20	Fri	2:37	5.5	2:48	5.5	9:08	1.0	9:46	0.7	5:58	6:06	
21	Sat	3:17	5.7	3:26	5.5	9:54	0.9	10:24	0.7	5:56	6:07	
22	Sun	3:53	5.8	4:01	5.4	10:38	0.8	10:59	0.7	5:54	6:09	
23	Mon	4:24	5.9	4:32	5.4	11:21	0.8	11:32	0.8	5:53	6:10	
24	Tue	4:49	6.0	5:01	5.3			12:04	0.8	5:51	6:11	
25	Wed	5:09	6.2	5:32	5.2	12:04	0.9	12:48	0.9	5:49	6:12	
26	Thu	5:38	6.3	6:12	5.1	12:36	1.0	1:34	1.0	5:47	6:13	
27	Fri	6:18	6.3	7:03	5.0	1:12	1.0	2:25	1.1	5:46	6:14	
28	Sat	7:05	6.3	8:06	4.9	1:56	1.2	3:21	1.2	5:44	6:15	
29	Sun	8:00	6.1	9:23	4.9	2:51	1.3	4:22	1.3	5:42	6:17	
30	Mon	9:07	5.9	10:36	4.9	4:03	1.4	5:25	1.3	5:40	6:18	
31	Tue	10:33	5.7	11:43	5.1	5:18	1.4	6:26	1.1	5:39	6:19	