

Albany, NY - Jul 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:10	5.8	3:38	4.8	10:27	-0.1	10:17	0.2	5:20	8:36	
2	Thu	3:55	5.8	4:26	4.8	11:16	-0.2	11:03	0.3	5:21	8:36	
3	Fri	4:37	5.7	5:13	4.7			12:02	-0.2	5:21	8:36	
4	Sat	5:17	5.5	5:59	4.6			12:44	-0.1	5:22	8:36	
5	Sun	5:54	5.4	6:44	4.6	12:27	0.6	1:25	0.0	5:22	8:35	
6	Mon	6:30	5.2	7:29	4.5	1:05	0.7	2:03	0.1	5:23	8:35	
7	Tue	7:02	5.1	8:13	4.5	1:43	0.8	2:39	0.2	5:24	8:35	
8	Wed	7:29	5.0	8:55	4.6	2:21	0.9	3:13	0.2	5:24	8:34	
9	Thu	8:02	4.8	9:36	4.7	3:03	1.0	3:44	0.3	5:25	8:34	
10	Fri	8:42	4.6	10:15	4.8	3:52	1.0	4:15	0.3	5:26	8:34	
11	Sat	9:31	4.3	10:54	4.9	4:52	1.1	4:50	0.4	5:27	8:33	
12	Sun	10:30	4.0	11:40	5.0	6:01	1.1	5:34	0.5	5:27	8:33	
13	Mon			12:01	3.7	7:10	1.0	6:33	0.6	5:28	8:32	
14	Tue	12:34	5.1	1:19	3.6	8:16	0.8	7:42	0.6	5:29	8:31	
15	Wed	1:31	5.2	2:21	3.7	9:17	0.6	8:50	0.6	5:30	8:31	
16	Thu	2:25	5.3	3:16	3.8	10:12	0.2	9:52	0.4	5:31	8:30	
17	Fri	3:16	5.5	4:06	4.0	11:04	0.0	10:49	0.2	5:32	8:30	
18	Sat	4:05	5.6	4:55	4.2	11:54	-0.3	11:44	0.0	5:32	8:29	
19	Sun	4:55	5.7	5:44	4.4			12:41	-0.5	5:33	8:28	
20	Mon	5:46	5.7	6:35	4.6	12:37	-0.1	1:28	-0.6	5:34	8:27	
21	Tue	6:41	5.6	7:29	4.7	1:29	-0.2	2:14	-0.7	5:35	8:26	
22	Wed	7:38	5.4	8:24	4.9	2:23	-0.2	3:00	-0.7	5:36	8:26	
23	Thu	8:37	5.2	9:19	5.1	3:18	-0.2	3:47	-0.6	5:37	8:25	
24	Fri	9:36	5.0	10:15	5.2	4:15	-0.1	4:36	-0.5	5:38	8:24	
25	Sat	10:34	4.8	11:10	5.2	5:15	0.0	5:26	-0.4	5:39	8:23	
26	Sun	11:34	4.5			6:16	0.0	6:19	-0.2	5:40	8:22	
27	Mon	12:07	5.2	12:33	4.4	7:17	0.0	7:14	-0.1	5:41	8:21	
28	Tue	1:03	5.2	1:32	4.3	8:16	-0.1	8:09	0.0	5:42	8:20	
29	Wed	1:58	5.2	2:28	4.3	9:13	-0.2	9:02	0.0	5:43	8:19	
30	Thu	2:50	5.2	3:20	4.4	10:05	-0.4	9:53	0.1	5:44	8:18	
31	Fri	3:36	5.2	4:08	4.5	10:53	-0.5	10:40	0.1	5:45	8:17	