

Albany, NY - Nov 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:02	4.4	4:54	5.8	12:15	0.4	11:53 AM	0.4	6:28	4:48	●
2	Mon	5:40	4.3	5:34	5.8	1:01	0.4	12:34	0.5	6:29	4:47	●
3	Tue	6:28	4.3	6:22	5.7	1:50	0.5	1:21	0.5	6:31	4:46	◐
4	Wed	7:29	4.3	7:19	5.6	2:41	0.5	2:17	0.6	6:32	4:44	◑
5	Thu	8:38	4.3	8:27	5.4	3:36	0.6	3:20	0.7	6:33	4:43	◑
6	Fri	9:45	4.4	9:47	5.3	4:32	0.5	4:29	0.7	6:34	4:42	◑
7	Sat	10:49	4.6	11:01	5.2	5:29	0.4	5:37	0.6	6:36	4:41	◑
8	Sun	11:49	4.9			6:25	0.2	6:43	0.4	6:37	4:40	◑
9	Mon	12:07	5.3	12:46	5.2	7:19	0.0	7:44	0.2	6:38	4:38	◑
10	Tue	1:06	5.3	1:38	5.5	8:10	-0.1	8:43	0.0	6:40	4:37	○
11	Wed	1:59	5.4	2:27	5.8	8:59	-0.2	9:38	-0.2	6:41	4:36	○
12	Thu	2:50	5.4	3:12	5.9	9:47	-0.2	10:30	-0.3	6:42	4:35	○
13	Fri	3:38	5.3	3:57	5.9	10:33	-0.2	11:21	-0.2	6:43	4:34	○
14	Sat	4:26	5.1	4:41	5.8	11:17	0.0			6:45	4:33	○
15	Sun	5:16	4.9	5:26	5.6	12:10	-0.1	12:01	0.2	6:46	4:32	○
16	Mon	6:08	4.7	6:13	5.4	12:58	0.1	12:45	0.4	6:47	4:32	○
17	Tue	7:02	4.6	7:04	5.2	1:47	0.3	1:28	0.6	6:48	4:31	○
18	Wed	7:57	4.5	7:58	5.0	2:35	0.4	2:14	0.8	6:50	4:30	○
19	Thu	8:51	4.5	8:54	4.9	3:23	0.5	3:03	1.0	6:51	4:29	○
20	Fri	9:45	4.5	9:49	4.8	4:11	0.6	3:57	1.1	6:52	4:28	○
21	Sat	10:38	4.6	10:45	4.7	4:59	0.6	4:55	1.1	6:53	4:28	◐
22	Sun	11:30	4.7	11:41	4.6	5:46	0.6	5:55	1.1	6:54	4:27	◑
23	Mon			12:20	4.8	6:32	0.6	6:54	1.0	6:56	4:26	◑
24	Tue	12:34	4.5	1:07	5.1	7:17	0.6	7:51	0.8	6:57	4:26	◑
25	Wed	1:23	4.5	1:49	5.3	8:01	0.5	8:45	0.6	6:58	4:25	◑
26	Thu	2:09	4.4	2:27	5.4	8:44	0.5	9:36	0.4	6:59	4:24	◑
27	Fri	2:52	4.4	3:00	5.6	9:26	0.5	10:25	0.3	7:00	4:24	◑
28	Sat	3:32	4.3	3:29	5.7	10:09	0.4	11:12	0.2	7:01	4:23	◑
29	Sun	4:10	4.3	3:59	5.7	10:53	0.4	11:59	0.2	7:03	4:23	●
30	Mon	4:50	4.3	4:36	5.7	11:39	0.4			7:04	4:23	●