

Albany, NY - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:38	5.0	3:54	5.6	10:33	-0.3	11:17	-0.4	7:25	4:31	
2	Fri	4:27	4.9	4:41	5.5	11:20	-0.2			7:25	4:32	
3	Sat	5:16	4.8	5:28	5.3	12:03	-0.4	12:06	-0.1	7:25	4:33	
4	Sun	6:05	4.8	6:16	5.2	12:47	-0.2	12:51	0.1	7:25	4:34	
5	Mon	6:55	4.7	7:04	5.0	1:30	-0.1	1:36	0.3	7:25	4:35	
6	Tue	7:45	4.7	7:54	4.9	2:11	0.1	2:22	0.5	7:25	4:36	
7	Wed	8:33	4.7	8:45	4.7	2:52	0.2	3:10	0.6	7:25	4:37	
8	Thu	9:22	4.7	9:37	4.6	3:31	0.3	4:02	0.7	7:24	4:38	
9	Fri	10:10	4.7	10:31	4.4	4:13	0.4	4:57	0.8	7:24	4:39	
10	Sat	11:00	4.7	11:26	4.3	4:57	0.5	5:55	0.7	7:24	4:40	
11	Sun	11:50	4.8			5:46	0.5	6:52	0.6	7:24	4:41	
12	Mon	12:21	4.3	12:39	4.9	6:39	0.5	7:48	0.5	7:23	4:42	
13	Tue	1:13	4.3	1:25	5.0	7:33	0.4	8:41	0.3	7:23	4:43	
14	Wed	2:01	4.4	2:08	5.2	8:27	0.3	9:31	0.1	7:23	4:44	
15	Thu	2:46	4.5	2:46	5.3	9:18	0.1	10:19	-0.1	7:22	4:45	
16	Fri	3:28	4.6	3:22	5.4	10:08	0.0	11:04	-0.2	7:22	4:47	
17	Sat	4:09	4.7	4:00	5.5	10:57	-0.1	11:49	-0.3	7:21	4:48	
18	Sun	4:50	4.9	4:42	5.6	11:46	-0.2			7:21	4:49	
19	Mon	5:33	5.0	5:30	5.5	12:34	-0.3	12:36	-0.2	7:20	4:50	
20	Tue	6:21	5.1	6:25	5.4	1:19	-0.4	1:28	-0.2	7:19	4:51	
21	Wed	7:14	5.2	7:27	5.3	2:06	-0.3	2:22	-0.1	7:19	4:53	
22	Thu	8:10	5.3	8:32	5.2	2:55	-0.3	3:20	-0.1	7:18	4:54	
23	Fri	9:09	5.3	9:37	5.0	3:47	-0.2	4:21	0.0	7:17	4:55	
24	Sat	10:09	5.3	10:41	4.9	4:42	-0.2	5:24	0.1	7:17	4:56	
25	Sun	11:10	5.3	11:43	4.8	5:39	-0.1	6:26	0.0	7:16	4:58	
26	Mon			12:10	5.4	6:38	-0.1	7:26	-0.1	7:15	4:59	
27	Tue	12:43	4.9	1:08	5.4	7:35	-0.2	8:23	-0.2	7:14	5:00	
28	Wed	1:40	5.0	2:02	5.5	8:31	-0.2	9:17	-0.3	7:13	5:02	
29	Thu	2:32	5.1	2:51	5.6	9:23	-0.3	10:06	-0.4	7:12	5:03	
30	Fri	3:21	5.1	3:38	5.5	10:12	-0.3	10:53	-0.4	7:11	5:04	
31	Sat	4:08	5.1	4:22	5.5	10:59	-0.2	11:36	-0.3	7:10	5:06	