

Albany, NY - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:28	5.6	4:43	5.6	11:20	0.2	11:43	0.2	6:29	5:44	●
2	Tue	5:08	5.6	5:23	5.4			12:02	0.4	6:28	5:45	●
3	Wed	5:46	5.5	6:04	5.3	12:17	0.4	12:43	0.5	6:26	5:47	●
4	Thu	6:20	5.5	6:46	5.1	12:49	0.6	1:24	0.7	6:24	5:48	●
5	Fri	6:45	5.5	7:29	5.0	1:17	0.7	2:06	0.8	6:23	5:49	●
6	Sat	6:55	5.5	8:15	4.9	1:43	0.8	2:52	0.9	6:21	5:50	●
7	Sun	7:28	5.5	9:06	4.7	2:15	0.9	3:43	1.1	6:19	5:52	●
8	Mon	8:12	5.5	10:03	4.7	2:58	1.0	4:40	1.2	6:18	5:53	●
9	Tue	9:05	5.4	11:02	4.7	3:55	1.1	5:40	1.2	6:16	5:54	●
10	Wed	10:09	5.3			5:09	1.2	6:39	1.1	6:14	5:55	●
11	Thu	12:01	4.8	11:41 AM	5.3	6:25	1.1	7:36	0.9	6:13	5:56	●
12	Fri	12:55	5.0	12:54	5.5	7:32	0.9	8:29	0.7	6:11	5:57	●
13	Sat	1:45	5.3	1:50	5.7	8:33	0.7	9:19	0.5	6:09	5:59	○
14	Sun	2:31	5.6	2:41	5.8	9:29	0.4	10:07	0.3	6:07	6:00	○
15	Mon	3:15	5.9	3:29	5.9	10:23	0.2	10:54	0.2	6:06	6:01	○
16	Tue	3:59	6.1	4:17	5.9	11:15	0.1	11:40	0.2	6:04	6:02	○
17	Wed	4:43	6.3	5:09	5.9			12:06	0.0	6:02	6:03	○
18	Thu	5:31	6.3	6:05	5.8	12:27	0.2	12:59	0.1	6:00	6:05	○
19	Fri	6:24	6.2	7:04	5.6	1:15	0.3	1:52	0.2	5:59	6:06	○
20	Sat	7:22	6.1	8:06	5.5	2:05	0.4	2:48	0.3	5:57	6:07	○
21	Sun	8:23	6.0	9:08	5.5	2:58	0.6	3:45	0.5	5:55	6:08	○
22	Mon	9:25	5.9	10:09	5.5	3:55	0.7	4:44	0.6	5:53	6:09	○
23	Tue	10:28	5.8	11:09	5.5	4:54	0.8	5:42	0.6	5:52	6:10	●
24	Wed	11:29	5.7			5:54	0.8	6:39	0.6	5:50	6:11	●
25	Thu	12:07	5.6	12:28	5.7	6:52	0.8	7:33	0.5	5:48	6:13	●
26	Fri	1:02	5.8	1:22	5.8	7:47	0.7	8:23	0.4	5:46	6:14	●
27	Sat	1:53	6.0	2:11	5.9	8:40	0.6	9:09	0.4	5:45	6:15	●
28	Sun	2:39	6.1	2:56	5.9	9:28	0.5	9:52	0.4	5:43	6:16	●
29	Mon	3:22	6.2	3:38	5.9	10:14	0.5	10:31	0.5	5:41	6:17	●
30	Tue	4:01	6.2	4:19	5.8	10:57	0.5	11:07	0.7	5:39	6:18	●
31	Wed	4:38	6.2	4:59	5.7	11:39	0.6	11:40	0.8	5:38	6:19	●