

Albany, NY - Jun 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:21	6.3	7:49	5.1	1:35	0.9	2:42	0.5	5:19	8:26	
2	Wed	7:06	6.2	8:35	5.3	2:21	1.0	3:27	0.5	5:18	8:26	
3	Thu	7:57	6.1	9:26	5.4	3:12	1.0	4:14	0.5	5:18	8:27	
4	Fri	8:53	5.9	10:22	5.5	4:11	1.1	5:04	0.5	5:18	8:28	
5	Sat	9:58	5.6	11:21	5.7	5:17	1.1	5:58	0.6	5:17	8:29	
6	Sun	11:18	5.4			6:25	1.1	6:54	0.5	5:17	8:29	
7	Mon	12:20	5.8	12:36	5.3	7:32	0.9	7:51	0.5	5:17	8:30	
8	Tue	1:18	6.0	1:42	5.2	8:35	0.6	8:47	0.4	5:16	8:31	
9	Wed	2:13	6.2	2:42	5.3	9:35	0.4	9:43	0.3	5:16	8:31	
10	Thu	3:05	6.4	3:37	5.3	10:31	0.1	10:36	0.2	5:16	8:32	
11	Fri	3:55	6.4	4:29	5.3	11:25	-0.1	11:27	0.2	5:16	8:32	
12	Sat	4:44	6.4	5:21	5.3			12:16	-0.2	5:16	8:33	
13	Sun	5:32	6.3	6:14	5.2	12:18	0.3	1:05	-0.2	5:16	8:33	
14	Mon	6:22	6.1	7:08	5.2	1:07	0.4	1:53	-0.1	5:16	8:34	
15	Tue	7:15	5.8	8:03	5.1	1:56	0.5	2:41	0.0	5:16	8:34	
16	Wed	8:09	5.6	8:58	5.1	2:46	0.7	3:28	0.1	5:16	8:35	
17	Thu	9:04	5.4	9:52	5.2	3:37	0.8	4:14	0.3	5:16	8:35	
18	Fri	9:59	5.2	10:45	5.2	4:30	1.0	5:00	0.4	5:16	8:35	
19	Sat	10:54	5.0	11:37	5.3	5:25	1.1	5:47	0.5	5:16	8:35	
20	Sun	11:50	4.8			6:21	1.1	6:34	0.6	5:16	8:36	
21	Mon	12:28	5.3	12:45	4.7	7:17	1.0	7:21	0.6	5:17	8:36	
22	Tue	1:19	5.4	1:39	4.6	8:13	0.8	8:08	0.6	5:17	8:36	
23	Wed	2:06	5.5	2:31	4.6	9:06	0.6	8:55	0.6	5:17	8:36	
24	Thu	2:51	5.6	3:19	4.6	9:56	0.3	9:41	0.6	5:17	8:36	
25	Fri	3:31	5.7	4:04	4.7	10:43	0.1	10:26	0.5	5:18	8:36	
26	Sat	4:07	5.8	4:46	4.7	11:29	0.0	11:10	0.5	5:18	8:37	
27	Sun	4:38	5.8	5:26	4.7			12:12	-0.1	5:19	8:37	
28	Mon	5:03	5.8	6:04	4.7			12:55	-0.2	5:19	8:36	
29	Tue	5:30	5.8	6:43	4.8	12:39	0.4	1:37	-0.2	5:19	8:36	
30	Wed	6:08	5.8	7:25	4.9	1:25	0.3	2:19	-0.2	5:20	8:36	