

Albany, NY - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:54	5.7	8:11	5.1	2:13	0.4	3:02	-0.2	5:20	8:36	
2	Fri	7:46	5.6	9:01	5.2	3:05	0.4	3:48	-0.2	5:21	8:36	
3	Sat	8:45	5.4	9:56	5.3	4:02	0.4	4:37	-0.1	5:22	8:36	
4	Sun	9:54	5.1	10:55	5.4	5:04	0.5	5:29	-0.1	5:22	8:36	
5	Mon	11:09	4.9	11:55	5.5	6:09	0.5	6:26	0.0	5:23	8:35	
6	Tue			12:20	4.7	7:14	0.4	7:25	0.0	5:23	8:35	
7	Wed	12:56	5.6	1:26	4.7	8:17	0.2	8:24	-0.1	5:24	8:35	
8	Thu	1:54	5.7	2:26	4.7	9:17	-0.1	9:21	-0.1	5:25	8:34	
9	Fri	2:49	5.8	3:22	4.8	10:13	-0.3	10:16	-0.2	5:26	8:34	
10	Sat	3:40	5.8	4:14	4.9	11:06	-0.5	11:08	-0.2	5:26	8:33	
11	Sun	4:29	5.8	5:05	4.9	11:56	-0.6	11:58	-0.2	5:27	8:33	
12	Mon	5:17	5.7	5:55	4.9			12:43	-0.6	5:28	8:32	
13	Tue	6:04	5.5	6:45	4.8	12:46	-0.1	1:28	-0.5	5:29	8:32	
14	Wed	6:52	5.3	7:35	4.8	1:34	0.1	2:11	-0.4	5:29	8:31	
15	Thu	7:42	5.1	8:26	4.8	2:20	0.2	2:53	-0.3	5:30	8:31	
16	Fri	8:32	4.9	9:15	4.8	3:08	0.4	3:34	-0.1	5:31	8:30	
17	Sat	9:23	4.7	10:04	4.8	3:57	0.6	4:14	0.0	5:32	8:29	
18	Sun	10:16	4.5	10:53	4.8	4:49	0.7	4:55	0.2	5:33	8:28	
19	Mon	11:11	4.3	11:43	4.8	5:43	0.7	5:37	0.3	5:34	8:28	
20	Tue			12:07	4.1	6:40	0.7	6:25	0.4	5:35	8:27	
21	Wed	12:34	4.8	1:03	4.0	7:38	0.6	7:17	0.4	5:36	8:26	
22	Thu	1:25	4.9	1:58	4.0	8:33	0.4	8:12	0.4	5:37	8:25	
23	Fri	2:13	5.0	2:48	4.1	9:25	0.1	9:06	0.3	5:38	8:24	
24	Sat	2:57	5.1	3:35	4.2	10:15	-0.1	9:57	0.2	5:39	8:23	
25	Sun	3:37	5.2	4:18	4.3	11:01	-0.3	10:47	0.0	5:40	8:22	
26	Mon	4:13	5.3	4:58	4.4	11:46	-0.5	11:36	-0.1	5:40	8:21	
27	Tue	4:46	5.4	5:37	4.6			12:29	-0.6	5:41	8:20	
28	Wed	5:20	5.4	6:17	4.7	12:24	-0.2	1:11	-0.7	5:42	8:19	
29	Thu	6:01	5.4	6:59	4.9	1:12	-0.2	1:54	-0.7	5:43	8:18	
30	Fri	6:48	5.3	7:45	5.0	2:02	-0.2	2:37	-0.7	5:45	8:17	
31	Sat	7:42	5.2	8:37	5.1	2:54	-0.2	3:23	-0.6	5:46	8:16	