

Albany, NY - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:44	5.0	9:32	5.2	3:50	-0.1	4:11	-0.6	5:47	8:15	
2	Mon	9:52	4.7	10:32	5.2	4:50	0.0	5:05	-0.4	5:48	8:14	
3	Tue	11:00	4.5	11:34	5.2	5:53	0.0	6:03	-0.4	5:49	8:13	
4	Wed			12:07	4.4	6:57	0.0	7:03	-0.3	5:50	8:11	
5	Thu	12:36	5.2	1:11	4.4	7:59	-0.2	8:03	-0.3	5:51	8:10	
6	Fri	1:37	5.3	2:11	4.5	8:58	-0.4	9:02	-0.4	5:52	8:09	
7	Sat	2:34	5.4	3:07	4.6	9:53	-0.6	9:57	-0.5	5:53	8:07	
8	Sun	3:26	5.4	3:58	4.7	10:44	-0.8	10:49	-0.5	5:54	8:06	
9	Mon	4:14	5.4	4:47	4.8	11:32	-0.8	11:38	-0.5	5:55	8:05	
10	Tue	5:00	5.4	5:33	4.8			12:17	-0.8	5:56	8:03	
11	Wed	5:45	5.2	6:19	4.8	12:25	-0.4	12:59	-0.7	5:57	8:02	
12	Thu	6:29	5.1	7:04	4.7	1:10	-0.2	1:38	-0.6	5:58	8:01	
13	Fri	7:14	4.9	7:49	4.7	1:54	0.0	2:16	-0.4	5:59	7:59	
14	Sat	8:00	4.7	8:33	4.7	2:39	0.2	2:50	-0.2	6:00	7:58	
15	Sun	8:48	4.4	9:17	4.6	3:24	0.3	3:23	0.0	6:01	7:56	
16	Mon	9:38	4.2	10:00	4.6	4:12	0.5	3:54	0.1	6:02	7:55	
17	Tue	10:31	4.0	10:46	4.6	5:05	0.6	4:29	0.2	6:04	7:53	
18	Wed	11:27	3.8	11:37	4.6	6:02	0.6	5:18	0.3	6:05	7:52	
19	Thu			12:25	3.8	7:00	0.5	6:22	0.4	6:06	7:50	
20	Fri	12:33	4.6	1:22	3.8	7:57	0.4	7:29	0.4	6:07	7:49	
21	Sat	1:28	4.7	2:15	3.9	8:52	0.2	8:33	0.3	6:08	7:47	
22	Sun	2:19	4.8	3:03	4.1	9:43	-0.1	9:31	0.1	6:09	7:46	
23	Mon	3:05	5.0	3:47	4.4	10:31	-0.3	10:25	-0.1	6:10	7:44	
24	Tue	3:47	5.1	4:29	4.6	11:16	-0.5	11:17	-0.3	6:11	7:42	
25	Wed	4:27	5.3	5:08	4.8			12:00	-0.7	6:12	7:41	
26	Thu	5:07	5.3	5:48	5.0	12:07	-0.4	12:44	-0.8	6:13	7:39	
27	Fri	5:51	5.3	6:31	5.2	12:57	-0.5	1:27	-0.8	6:14	7:37	
28	Sat	6:41	5.2	7:19	5.3	1:48	-0.4	2:12	-0.8	6:15	7:36	
29	Sun	7:37	5.0	8:12	5.3	2:41	-0.4	2:58	-0.7	6:16	7:34	
30	Mon	8:40	4.8	9:10	5.3	3:36	-0.3	3:49	-0.6	6:18	7:32	
31	Tue	9:44	4.6	10:12	5.2	4:35	-0.2	4:43	-0.4	6:19	7:31	