

Albany, NY - Sep 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	10:49	4.5	11:15	5.2	5:36	-0.1	5:42	-0.3	6:20	7:29	
2	Thu	11:53	4.4			6:38	-0.1	6:43	-0.2	6:21	7:27	
3	Fri	12:19	5.1	12:56	4.5	7:38	-0.2	7:44	-0.3	6:22	7:26	
4	Sat	1:20	5.1	1:55	4.6	8:35	-0.4	8:42	-0.3	6:23	7:24	
5	Sun	2:17	5.2	2:50	4.8	9:29	-0.6	9:38	-0.4	6:24	7:22	
6	Mon	3:09	5.3	3:40	5.0	10:19	-0.7	10:29	-0.5	6:25	7:20	
7	Tue	3:56	5.4	4:26	5.1	11:05	-0.7	11:18	-0.4	6:26	7:19	
8	Wed	4:41	5.3	5:10	5.1	11:47	-0.7			6:27	7:17	
9	Thu	5:23	5.2	5:52	5.1	12:03	-0.3	12:27	-0.6	6:28	7:15	
10	Fri	6:05	5.0	6:32	5.0	12:47	-0.2	1:03	-0.4	6:29	7:13	
11	Sat	6:47	4.8	7:10	5.0	1:29	0.0	1:37	-0.2	6:30	7:12	
12	Sun	7:30	4.6	7:45	4.9	2:11	0.2	2:07	0.0	6:31	7:10	
13	Mon	8:14	4.4	8:13	4.9	2:54	0.3	2:33	0.1	6:32	7:08	
14	Tue	9:01	4.3	8:26	4.9	3:39	0.5	3:00	0.2	6:34	7:06	
15	Wed	9:51	4.1	9:01	4.9	4:29	0.6	3:37	0.3	6:35	7:04	
16	Thu	10:46	4.0	9:49	4.8	5:23	0.7	4:28	0.5	6:36	7:03	
17	Fri	11:44	3.9	10:51	4.8	6:21	0.7	5:34	0.6	6:37	7:01	
18	Sat			12:43	4.0	7:19	0.6	6:52	0.6	6:38	6:59	
19	Sun	12:28	4.7	1:38	4.2	8:14	0.4	8:03	0.5	6:39	6:57	
20	Mon	1:36	4.8	2:28	4.5	9:07	0.1	9:06	0.3	6:40	6:56	
21	Tue	2:31	5.0	3:14	4.8	9:57	-0.1	10:04	0.0	6:41	6:54	
22	Wed	3:20	5.2	3:57	5.1	10:44	-0.3	10:58	-0.2	6:42	6:52	
23	Thu	4:05	5.3	4:38	5.3	11:30	-0.5	11:50	-0.3	6:43	6:50	
24	Fri	4:51	5.3	5:20	5.5			12:15	-0.6	6:44	6:48	
25	Sat	5:38	5.3	6:05	5.6	12:41	-0.4	1:00	-0.6	6:45	6:47	
26	Sun	6:30	5.2	6:54	5.7	1:33	-0.4	1:47	-0.5	6:47	6:45	
27	Mon	7:28	5.0	7:50	5.6	2:26	-0.3	2:36	-0.4	6:48	6:43	
28	Tue	8:29	4.9	8:50	5.5	3:21	-0.2	3:28	-0.3	6:49	6:41	
29	Wed	9:32	4.8	9:54	5.4	4:18	-0.1	4:23	-0.1	6:50	6:40	
30	Thu	10:35	4.7	10:57	5.3	5:17	0.0	5:22	0.0	6:51	6:38	