

Albany, NY - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon			12:11	5.2	6:37	0.0	6:56	0.2	6:29	4:47	
2	Tue	12:30	5.2	1:04	5.4	7:27	-0.1	7:51	0.2	6:30	4:46	
3	Wed	1:21	5.3	1:52	5.5	8:15	-0.1	8:43	0.1	6:31	4:45	
4	Thu	2:09	5.3	2:36	5.6	8:59	-0.1	9:31	0.0	6:33	4:44	
5	Fri	2:54	5.2	3:17	5.7	9:40	0.0	10:17	0.0	6:34	4:42	
6	Sat	3:37	5.1	3:55	5.7	10:18	0.1	11:00	0.0	6:35	4:41	
7	Sun	4:18	5.0	4:28	5.6	10:54	0.2	11:43	0.1	6:36	4:40	
8	Mon	4:59	4.8	4:56	5.5	11:28	0.3			6:38	4:39	
9	Tue	5:39	4.7	5:10	5.5	12:24	0.2	12:01	0.4	6:39	4:38	
10	Wed	6:18	4.6	5:31	5.6	1:05	0.3	12:34	0.4	6:40	4:37	
11	Thu	6:58	4.5	6:09	5.6	1:47	0.4	1:11	0.5	6:41	4:36	
12	Fri	7:39	4.5	6:55	5.6	2:31	0.5	1:55	0.5	6:43	4:35	
13	Sat	8:25	4.6	7:46	5.5	3:17	0.5	2:47	0.6	6:44	4:34	
14	Sun	9:19	4.7	8:44	5.3	4:08	0.5	3:51	0.7	6:45	4:33	
15	Mon	10:18	4.8	9:53	5.1	5:01	0.5	5:04	0.8	6:46	4:32	
16	Tue	11:17	5.0	11:18	5.0	5:57	0.4	6:15	0.7	6:48	4:31	
17	Wed			12:14	5.2	6:52	0.3	7:21	0.5	6:49	4:30	
18	Thu	12:29	5.0	1:08	5.5	7:47	0.1	8:22	0.3	6:50	4:29	
19	Fri	1:30	5.1	1:58	5.7	8:40	0.0	9:20	0.0	6:51	4:29	
20	Sat	2:24	5.2	2:47	5.9	9:32	-0.1	10:15	-0.2	6:53	4:28	
21	Sun	3:16	5.2	3:34	6.0	10:23	-0.2	11:08	-0.3	6:54	4:27	
22	Mon	4:08	5.2	4:23	6.0	11:13	-0.2			6:55	4:26	
23	Tue	5:01	5.1	5:16	5.9	12:00	-0.3	12:04	-0.2	6:56	4:26	
24	Wed	5:58	5.0	6:12	5.7	12:51	-0.3	12:55	-0.1	6:57	4:25	
25	Thu	6:56	4.9	7:12	5.5	1:43	-0.2	1:47	0.0	6:59	4:25	
26	Fri	7:56	4.9	8:12	5.4	2:34	-0.1	2:41	0.1	7:00	4:24	
27	Sat	8:54	4.9	9:11	5.2	3:26	0.0	3:37	0.3	7:01	4:24	
28	Sun	9:51	5.0	10:08	5.1	4:18	0.0	4:34	0.4	7:02	4:23	
29	Mon	10:47	5.1	11:04	5.0	5:10	0.1	5:31	0.4	7:03	4:23	
30	Tue	11:41	5.1			6:00	0.1	6:28	0.4	7:04	4:22	