

Albany, NY - Jan 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:31	4.8	8:24	5.0	3:28	0.2	3:41	0.6	7:25	4:32	
2	Mon	9:24	4.9	9:27	4.8	4:17	0.2	4:51	0.6	7:25	4:32	
3	Tue	10:27	5.0	10:50	4.6	5:13	0.3	6:01	0.6	7:25	4:33	
4	Wed	11:33	5.1			6:14	0.3	7:07	0.5	7:25	4:34	
5	Thu	12:09	4.5	12:36	5.3	7:15	0.2	8:09	0.2	7:25	4:35	
6	Fri	1:13	4.6	1:33	5.5	8:14	0.0	9:07	0.0	7:25	4:36	
7	Sat	2:10	4.7	2:27	5.6	9:11	-0.1	10:02	-0.3	7:24	4:37	
8	Sun	3:03	4.8	3:18	5.7	10:06	-0.3	10:54	-0.5	7:24	4:38	
9	Mon	3:56	4.9	4:10	5.8	10:59	-0.4	11:44	-0.6	7:24	4:39	
10	Tue	4:48	5.0	5:04	5.7	11:50	-0.5			7:24	4:40	
11	Wed	5:43	5.0	5:59	5.6	12:34	-0.6	12:42	-0.5	7:24	4:41	
12	Thu	6:39	5.0	6:57	5.5	1:23	-0.6	1:34	-0.4	7:23	4:43	
13	Fri	7:35	5.0	7:55	5.3	2:11	-0.5	2:27	-0.2	7:23	4:44	
14	Sat	8:31	5.0	8:51	5.2	3:00	-0.4	3:22	-0.1	7:22	4:45	
15	Sun	9:26	5.1	9:47	5.1	3:49	-0.2	4:18	0.1	7:22	4:46	
16	Mon	10:20	5.1	10:42	4.9	4:39	-0.1	5:15	0.1	7:21	4:47	
17	Tue	11:14	5.1	11:38	4.8	5:30	0.0	6:11	0.2	7:21	4:48	
18	Wed			12:07	5.1	6:20	0.1	7:07	0.1	7:20	4:50	
19	Thu	12:32	4.8	12:58	5.2	7:10	0.1	8:00	0.1	7:20	4:51	
20	Fri	1:24	4.8	1:46	5.3	7:59	0.2	8:50	-0.1	7:19	4:52	
21	Sat	2:13	4.8	2:31	5.3	8:45	0.1	9:37	-0.1	7:18	4:53	
22	Sun	2:59	4.9	3:11	5.3	9:30	0.1	10:21	-0.2	7:18	4:55	
23	Mon	3:42	4.9	3:48	5.3	10:12	0.1	11:02	-0.2	7:17	4:56	
24	Tue	4:22	4.8	4:21	5.3	10:54	0.1	11:42	-0.1	7:16	4:57	
25	Wed	5:00	4.8	4:47	5.3	11:34	0.1			7:15	4:58	
26	Thu	5:35	4.8	5:08	5.3	12:20	-0.1	12:15	0.1	7:15	5:00	
27	Fri	6:06	4.9	5:40	5.3	12:58	0.0	12:57	0.2	7:14	5:01	
28	Sat	6:32	5.0	6:22	5.2	1:35	0.0	1:42	0.3	7:13	5:02	
29	Sun	7:06	5.1	7:12	5.1	2:13	0.1	2:31	0.4	7:12	5:04	
30	Mon	7:51	5.2	8:07	5.0	2:55	0.1	3:29	0.5	7:11	5:05	
31	Tue	8:44	5.3	9:14	4.8	3:44	0.2	4:34	0.6	7:10	5:06	