

Albany, NY - Mar 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:18	5.7	9:16	5.0	3:22	0.5	4:20	0.7	6:30	5:44	
2	Thu	9:26	5.6	10:31	5.0	4:23	0.6	5:24	0.7	6:29	5:45	
3	Fri	10:44	5.6	11:39	5.0	5:29	0.7	6:27	0.6	6:27	5:46	
4	Sat	11:57	5.6			6:35	0.6	7:27	0.4	6:25	5:47	
5	Sun	12:42	5.2	1:01	5.7	7:37	0.4	8:24	0.2	6:24	5:49	
6	Mon	1:39	5.4	1:59	5.9	8:36	0.1	9:18	0.0	6:22	5:50	
7	Tue	2:32	5.7	2:51	6.0	9:31	-0.1	10:08	-0.1	6:20	5:51	
8	Wed	3:22	5.9	3:41	6.1	10:24	-0.2	10:55	-0.1	6:19	5:52	
9	Thu	4:09	6.0	4:30	6.0	11:14	-0.2	11:41	-0.1	6:17	5:53	
10	Fri	4:56	6.0	5:18	5.9			12:02	-0.1	6:15	5:55	
11	Sat	5:43	5.9	6:08	5.7	12:24	0.1	12:50	0.1	6:13	5:56	
12	Sun	6:31	5.8	7:00	5.6	1:07	0.3	1:38	0.3	6:12	5:57	
13	Mon	7:19	5.7	7:52	5.4	1:49	0.6	2:27	0.6	6:10	5:58	
14	Tue	8:09	5.5	8:46	5.3	2:31	0.8	3:17	0.8	6:08	5:59	
15	Wed	8:59	5.4	9:40	5.1	3:14	1.1	4:09	0.9	6:07	6:00	
16	Thu	9:52	5.3	10:36	5.1	4:01	1.2	5:03	1.0	6:05	6:02	
17	Fri	10:47	5.3	11:31	5.1	4:53	1.4	5:57	1.1	6:03	6:03	
18	Sat	11:43	5.2			5:49	1.4	6:51	1.0	6:01	6:04	
19	Sun	12:25	5.2	12:37	5.3	6:46	1.3	7:42	0.9	6:00	6:05	
20	Mon	1:16	5.3	1:28	5.4	7:41	1.2	8:30	0.8	5:58	6:06	
21	Tue	2:03	5.5	2:13	5.5	8:33	1.0	9:15	0.7	5:56	6:07	
22	Wed	2:45	5.7	2:54	5.6	9:23	0.8	9:58	0.6	5:54	6:09	
23	Thu	3:23	5.8	3:30	5.7	10:11	0.6	10:39	0.5	5:53	6:10	
24	Fri	3:57	6.0	4:04	5.7	10:57	0.5	11:19	0.6	5:51	6:11	
25	Sat	4:27	6.1	4:38	5.7	11:43	0.5	11:59	0.6	5:49	6:12	
26	Sun	4:54	6.2	5:16	5.7			12:30	0.5	5:47	6:13	
27	Mon	5:28	6.3	6:03	5.6	12:40	0.7	1:19	0.6	5:46	6:14	
28	Tue	6:11	6.4	7:00	5.5	1:24	0.7	2:11	0.6	5:44	6:15	
29	Wed	7:02	6.3	8:07	5.4	2:13	0.8	3:06	0.7	5:42	6:17	
30	Thu	8:04	6.2	9:16	5.4	3:08	0.9	4:05	0.8	5:40	6:18	
31	Fri	9:18	6.0	10:22	5.5	4:10	1.0	5:06	0.8	5:39	6:19	