

Albany, NY - Jul 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	2:06	5.8	2:29	5.0	9:09	-0.1	9:11	0.0	5:20	8:36	
2	Sun	2:54	5.8	3:19	5.0	10:01	-0.2	9:58	0.1	5:21	8:36	
3	Mon	3:39	5.8	4:06	5.0	10:49	-0.3	10:42	0.1	5:21	8:36	
4	Tue	4:20	5.8	4:51	4.9	11:33	-0.3	11:24	0.2	5:22	8:36	
5	Wed	4:58	5.7	5:34	4.8			12:16	-0.3	5:23	8:35	
6	Thu	5:34	5.6	6:16	4.8	12:03	0.3	12:56	-0.2	5:23	8:35	
7	Fri	6:04	5.4	6:58	4.7	12:41	0.4	1:34	-0.2	5:24	8:35	
8	Sat	6:23	5.4	7:38	4.7	1:18	0.5	2:11	-0.1	5:25	8:34	
9	Sun	6:43	5.3	8:15	4.7	1:55	0.5	2:47	0.0	5:25	8:34	
10	Mon	7:20	5.2	8:49	4.8	2:35	0.6	3:22	0.0	5:26	8:34	
11	Tue	8:04	5.1	9:20	4.9	3:21	0.7	3:58	0.1	5:27	8:33	
12	Wed	8:54	4.9	9:59	5.0	4:16	0.7	4:39	0.1	5:27	8:33	
13	Thu	9:49	4.7	10:53	5.1	5:22	0.8	5:29	0.2	5:28	8:32	
14	Fri	10:56	4.4	11:57	5.1	6:33	0.8	6:30	0.3	5:29	8:31	
15	Sat			12:30	4.2	7:41	0.7	7:36	0.3	5:30	8:31	
16	Sun	1:03	5.3	1:44	4.2	8:44	0.4	8:40	0.2	5:31	8:30	
17	Mon	2:03	5.4	2:45	4.3	9:43	0.1	9:40	0.0	5:32	8:30	
18	Tue	2:58	5.6	3:39	4.5	10:38	-0.3	10:37	-0.1	5:33	8:29	
19	Wed	3:50	5.7	4:32	4.7	11:30	-0.5	11:31	-0.3	5:33	8:28	
20	Thu	4:41	5.8	5:24	4.8			12:20	-0.7	5:34	8:27	
21	Fri	5:33	5.8	6:17	4.8	12:24	-0.4	1:09	-0.9	5:35	8:26	
22	Sat	6:27	5.6	7:12	4.9	1:17	-0.4	1:57	-0.9	5:36	8:26	
23	Sun	7:24	5.5	8:08	5.0	2:09	-0.4	2:45	-0.8	5:37	8:25	
24	Mon	8:22	5.3	9:04	5.0	3:03	-0.3	3:34	-0.8	5:38	8:24	
25	Tue	9:20	5.1	10:00	5.1	3:58	-0.2	4:23	-0.6	5:39	8:23	
26	Wed	10:18	4.9	10:55	5.1	4:55	-0.1	5:13	-0.5	5:40	8:22	
27	Thu	11:15	4.7	11:50	5.1	5:53	0.0	6:04	-0.3	5:41	8:21	
28	Fri			12:12	4.6	6:51	0.0	6:56	-0.2	5:42	8:20	
29	Sat	12:44	5.1	1:09	4.5	7:48	-0.1	7:48	-0.1	5:43	8:19	
30	Sun	1:37	5.2	2:03	4.5	8:42	-0.2	8:39	-0.1	5:44	8:18	
31	Mon	2:28	5.2	2:55	4.5	9:34	-0.4	9:28	0.0	5:45	8:17	