

Albany, NY - Aug 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:14	5.3	3:43	4.6	10:22	-0.5	10:14	0.0	5:46	8:15	
2	Wed	3:56	5.3	4:28	4.6	11:06	-0.6	10:58	0.0	5:47	8:14	
3	Thu	4:35	5.3	5:10	4.6	11:47	-0.6	11:39	0.0	5:48	8:13	
4	Fri	5:11	5.2	5:50	4.6			12:27	-0.6	5:49	8:12	
5	Sat	5:42	5.1	6:27	4.6	12:20	0.0	1:04	-0.5	5:50	8:11	
6	Sun	6:05	5.1	7:01	4.6	12:59	0.0	1:40	-0.5	5:51	8:09	
7	Mon	6:25	5.0	7:29	4.7	1:40	0.1	2:14	-0.4	5:52	8:08	
8	Tue	6:59	5.0	7:52	4.8	2:22	0.1	2:48	-0.4	5:53	8:07	
9	Wed	7:43	4.9	8:27	5.0	3:08	0.2	3:23	-0.3	5:54	8:05	
10	Thu	8:32	4.7	9:13	5.1	4:01	0.3	4:02	-0.2	5:56	8:04	
11	Fri	9:28	4.4	10:07	5.1	5:03	0.4	4:54	-0.1	5:57	8:03	
12	Sat	10:38	4.2	11:13	5.0	6:11	0.5	6:00	0.1	5:58	8:01	
13	Sun			12:10	4.0	7:18	0.4	7:11	0.1	5:59	8:00	
14	Mon	12:31	5.1	1:24	4.1	8:21	0.1	8:19	0.0	6:00	7:58	
15	Tue	1:41	5.2	2:26	4.3	9:20	-0.2	9:21	-0.2	6:01	7:57	
16	Wed	2:42	5.3	3:22	4.5	10:16	-0.5	10:20	-0.4	6:02	7:56	
17	Thu	3:37	5.5	4:15	4.7	11:08	-0.8	11:15	-0.6	6:03	7:54	
18	Fri	4:29	5.6	5:05	4.9	11:57	-0.9			6:04	7:53	
19	Sat	5:20	5.6	5:56	5.0	12:07	-0.7	12:44	-1.0	6:05	7:51	
20	Sun	6:11	5.4	6:47	5.0	12:59	-0.7	1:31	-1.0	6:06	7:49	
21	Mon	7:04	5.3	7:40	5.0	1:50	-0.6	2:17	-0.9	6:07	7:48	
22	Tue	7:59	5.1	8:33	5.0	2:42	-0.5	3:02	-0.7	6:08	7:46	
23	Wed	8:55	4.9	9:27	5.0	3:34	-0.3	3:49	-0.5	6:09	7:45	
24	Thu	9:50	4.7	10:21	4.9	4:29	-0.1	4:36	-0.3	6:11	7:43	
25	Fri	10:47	4.5	11:15	4.9	5:24	0.0	5:26	-0.1	6:12	7:41	
26	Sat	11:44	4.4			6:21	0.1	6:18	0.1	6:13	7:40	
27	Sun	12:10	4.8	12:41	4.3	7:17	0.1	7:11	0.2	6:14	7:38	
28	Mon	1:05	4.8	1:36	4.3	8:11	0.0	8:04	0.2	6:15	7:37	
29	Tue	1:57	4.9	2:28	4.4	9:02	-0.2	8:56	0.2	6:16	7:35	
30	Wed	2:46	5.0	3:17	4.6	9:50	-0.3	9:45	0.1	6:17	7:33	
31	Thu	3:30	5.1	4:01	4.7	10:34	-0.5	10:32	0.0	6:18	7:32	