

Albany, NY - Nov 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:03	5.0	4:12	5.8	11:10	0.0	11:53	0.0	6:28	4:48	
2	Thu	4:41	4.9	4:45	5.9	11:53	0.0			6:29	4:47	
3	Fri	5:25	4.9	5:27	5.9	12:41	0.0	12:39	0.1	6:31	4:45	
4	Sat	6:19	4.8	6:19	5.8	1:31	0.1	1:28	0.1	6:32	4:44	
5	Sun	7:22	4.8	7:21	5.7	2:24	0.1	2:22	0.2	6:33	4:43	
6	Mon	8:27	4.8	8:33	5.6	3:19	0.1	3:21	0.3	6:35	4:42	
7	Tue	9:32	4.9	9:45	5.4	4:15	0.1	4:24	0.3	6:36	4:41	
8	Wed	10:34	5.0	10:52	5.4	5:13	0.0	5:27	0.2	6:37	4:39	
9	Thu	11:35	5.2	11:55	5.4	6:10	-0.1	6:29	0.1	6:38	4:38	
10	Fri			12:33	5.4	7:05	-0.2	7:30	-0.1	6:40	4:37	
11	Sat	12:53	5.5	1:26	5.6	7:58	-0.3	8:27	-0.2	6:41	4:36	
12	Sun	1:47	5.5	2:16	5.8	8:48	-0.4	9:21	-0.4	6:42	4:35	
13	Mon	2:37	5.5	3:03	5.9	9:36	-0.4	10:12	-0.4	6:43	4:34	
14	Tue	3:25	5.5	3:47	5.9	10:21	-0.3	11:00	-0.3	6:45	4:33	
15	Wed	4:11	5.4	4:30	5.8	11:05	-0.2	11:47	-0.2	6:46	4:32	
16	Thu	4:58	5.2	5:11	5.6	11:46	0.0			6:47	4:31	
17	Fri	5:45	5.0	5:53	5.4	12:32	0.0	12:25	0.3	6:48	4:31	
18	Sat	6:34	4.8	6:35	5.3	1:17	0.1	1:03	0.5	6:50	4:30	
19	Sun	7:24	4.7	7:18	5.2	2:01	0.3	1:40	0.7	6:51	4:29	
20	Mon	8:15	4.6	8:03	5.0	2:45	0.4	2:19	0.8	6:52	4:28	
21	Tue	9:05	4.6	8:52	4.9	3:30	0.5	3:05	0.9	6:53	4:27	
22	Wed	9:56	4.6	9:48	4.8	4:16	0.6	4:01	1.0	6:54	4:27	
23	Thu	10:47	4.6	10:47	4.7	5:04	0.6	5:04	1.0	6:56	4:26	
24	Fri	11:38	4.7	11:45	4.6	5:54	0.6	6:08	0.9	6:57	4:26	
25	Sat			12:27	4.9	6:44	0.5	7:10	0.8	6:58	4:25	
26	Sun	12:39	4.6	1:13	5.1	7:33	0.4	8:08	0.6	6:59	4:24	
27	Mon	1:29	4.7	1:55	5.3	8:22	0.3	9:03	0.4	7:00	4:24	
28	Tue	2:16	4.7	2:33	5.6	9:10	0.2	9:55	0.2	7:01	4:23	
29	Wed	2:59	4.8	3:10	5.7	9:58	0.1	10:45	0.0	7:03	4:23	
30	Thu	3:42	4.8	3:47	5.8	10:45	0.0	11:35	-0.1	7:04	4:23	