

Albany, NY - Jan 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:00	4.8	6:12	5.7	12:56	-0.5	1:01	-0.3	7:25	4:31	
2	Tue	6:58	4.9	7:14	5.6	1:46	-0.5	1:55	-0.3	7:25	4:32	
3	Wed	7:57	5.0	8:16	5.5	2:37	-0.5	2:51	-0.3	7:25	4:33	
4	Thu	8:55	5.1	9:16	5.3	3:29	-0.5	3:49	-0.2	7:25	4:34	
5	Fri	9:53	5.2	10:15	5.2	4:21	-0.4	4:49	-0.2	7:25	4:35	
6	Sat	10:50	5.2	11:13	5.1	5:14	-0.4	5:48	-0.1	7:25	4:36	
7	Sun	11:46	5.3			6:08	-0.3	6:47	-0.2	7:24	4:37	
8	Mon	12:10	5.1	12:40	5.4	7:01	-0.3	7:44	-0.2	7:24	4:38	
9	Tue	1:04	5.0	1:32	5.4	7:52	-0.3	8:38	-0.3	7:24	4:39	
10	Wed	1:56	5.1	2:19	5.5	8:41	-0.2	9:28	-0.4	7:24	4:40	
11	Thu	2:45	5.0	3:04	5.5	9:28	-0.2	10:15	-0.4	7:24	4:41	
12	Fri	3:31	5.0	3:45	5.4	10:11	-0.1	10:59	-0.3	7:23	4:42	
13	Sat	4:15	4.9	4:24	5.3	10:53	0.1	11:41	-0.2	7:23	4:43	
14	Sun	4:58	4.8	5:00	5.2	11:32	0.2			7:22	4:45	
15	Mon	5:40	4.7	5:33	5.1	12:20	-0.1	12:10	0.3	7:22	4:46	
16	Tue	6:22	4.6	5:58	5.1	12:58	0.0	12:47	0.4	7:22	4:47	
17	Wed	7:01	4.6	6:19	5.0	1:35	0.1	1:25	0.4	7:21	4:48	
18	Thu	7:37	4.7	6:56	4.9	2:10	0.2	2:06	0.5	7:20	4:49	
19	Fri	8:07	4.7	7:42	4.8	2:45	0.2	2:55	0.6	7:20	4:51	
20	Sat	8:37	4.8	8:34	4.7	3:23	0.3	3:54	0.7	7:19	4:52	
21	Sun	9:22	4.9	9:38	4.5	4:09	0.4	5:02	0.8	7:19	4:53	
22	Mon	10:22	5.0	11:08	4.3	5:06	0.4	6:11	0.7	7:18	4:54	
23	Tue	11:32	5.1			6:10	0.4	7:15	0.6	7:17	4:56	
24	Wed	12:21	4.3	12:36	5.2	7:14	0.4	8:15	0.4	7:16	4:57	
25	Thu	1:21	4.5	1:34	5.4	8:15	0.2	9:12	0.1	7:16	4:58	
26	Fri	2:16	4.6	2:27	5.6	9:13	0.0	10:05	-0.2	7:15	4:59	
27	Sat	3:06	4.8	3:18	5.7	10:07	-0.2	10:55	-0.4	7:14	5:01	
28	Sun	3:56	5.0	4:09	5.8	11:00	-0.4	11:44	-0.5	7:13	5:02	
29	Mon	4:47	5.1	5:02	5.8	11:52	-0.5			7:12	5:03	
30	Tue	5:40	5.1	5:59	5.7	12:33	-0.5	12:45	-0.5	7:11	5:05	
31	Wed	6:35	5.2	6:57	5.6	1:21	-0.5	1:37	-0.4	7:10	5:06	