

Albany, NY - Mar 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:08	5.7	6:36	5.8	12:53	-0.2	1:18	-0.2	6:31	5:43	
2	Fri	7:02	5.7	7:32	5.6	1:40	0.0	2:11	0.0	6:29	5:45	
3	Sat	7:57	5.6	8:29	5.5	2:28	0.2	3:05	0.2	6:27	5:46	
4	Sun	8:52	5.6	9:26	5.3	3:17	0.4	4:00	0.4	6:26	5:47	
5	Mon	9:48	5.5	10:23	5.2	4:08	0.6	4:57	0.5	6:24	5:48	
6	Tue	10:45	5.4	11:20	5.2	5:02	0.7	5:54	0.6	6:22	5:49	
7	Wed	11:42	5.4			5:56	0.8	6:49	0.6	6:21	5:51	
8	Thu	12:16	5.3	12:37	5.4	6:51	0.9	7:42	0.5	6:19	5:52	
9	Fri	1:09	5.4	1:28	5.5	7:43	0.8	8:31	0.4	6:17	5:53	
10	Sat	1:59	5.5	2:15	5.6	8:33	0.7	9:17	0.3	6:16	5:54	
11	Sun	2:44	5.6	2:58	5.6	9:20	0.6	9:59	0.3	6:14	5:55	
12	Mon	3:26	5.7	3:37	5.6	10:04	0.5	10:39	0.3	6:12	5:57	
13	Tue	4:05	5.7	4:14	5.6	10:47	0.5	11:16	0.4	6:10	5:58	
14	Wed	4:40	5.7	4:46	5.5	11:29	0.5	11:52	0.5	6:09	5:59	
15	Thu	5:10	5.8	5:14	5.5			12:10	0.6	6:07	6:00	
16	Fri	5:31	5.8	5:38	5.4	12:26	0.6	12:53	0.6	6:05	6:01	
17	Sat	5:51	6.0	6:14	5.4	1:00	0.7	1:37	0.7	6:03	6:02	
18	Sun	6:27	6.1	7:00	5.3	1:36	0.8	2:25	0.8	6:02	6:04	
19	Mon	7:12	6.1	7:57	5.2	2:16	0.9	3:20	1.0	6:00	6:05	
20	Tue	8:04	6.0	9:10	5.1	3:07	1.0	4:21	1.1	5:58	6:06	
21	Wed	9:05	5.9	10:29	5.1	4:12	1.1	5:24	1.1	5:56	6:07	
22	Thu	10:24	5.8	11:39	5.2	5:24	1.1	6:26	1.0	5:55	6:08	
23	Fri	11:48	5.8			6:33	1.0	7:26	0.8	5:53	6:09	
24	Sat	12:41	5.4	12:56	5.9	7:37	0.8	8:22	0.5	5:51	6:11	
25	Sun	1:38	5.7	1:55	6.1	8:37	0.5	9:15	0.3	5:49	6:12	
26	Mon	2:29	6.0	2:49	6.2	9:33	0.2	10:05	0.2	5:48	6:13	
27	Tue	3:18	6.2	3:39	6.3	10:26	0.0	10:53	0.1	5:46	6:14	
28	Wed	4:05	6.4	4:29	6.2	11:17	0.0	11:39	0.2	5:44	6:15	
29	Thu	4:52	6.4	5:20	6.1			12:08	0.0	5:42	6:16	
30	Fri	5:40	6.3	6:13	5.9	12:24	0.3	12:58	0.2	5:41	6:17	
31	Sat	6:31	6.2	7:07	5.8	1:09	0.6	1:48	0.4	5:39	6:19	