

Albany, NY - Jul 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:06	4.8	10:47	4.8	4:12	1.1	4:52	0.4	5:20	8:36	
2	Mon	10:00	4.6	11:34	4.9	5:11	1.1	5:36	0.5	5:21	8:36	
3	Tue	11:27	4.4			6:16	1.1	6:26	0.5	5:21	8:36	
4	Wed	12:23	5.0	12:37	4.2	7:21	1.0	7:20	0.6	5:22	8:36	
5	Thu	1:12	5.1	1:37	4.2	8:22	0.8	8:17	0.5	5:22	8:36	
6	Fri	2:00	5.3	2:32	4.2	9:20	0.5	9:13	0.4	5:23	8:35	
7	Sat	2:44	5.5	3:22	4.3	10:15	0.2	10:07	0.3	5:24	8:35	
8	Sun	3:27	5.7	4:09	4.5	11:06	-0.1	11:00	0.2	5:24	8:35	
9	Mon	4:09	5.8	4:55	4.6	11:55	-0.3	11:51	0.0	5:25	8:34	
10	Tue	4:53	5.9	5:43	4.7			12:43	-0.5	5:26	8:34	
11	Wed	5:41	5.9	6:35	4.8	12:43	-0.1	1:31	-0.6	5:27	8:33	
12	Thu	6:34	5.8	7:30	4.9	1:35	-0.1	2:19	-0.6	5:27	8:33	
13	Fri	7:34	5.6	8:27	5.0	2:28	-0.2	3:08	-0.7	5:28	8:32	
14	Sat	8:36	5.5	9:25	5.1	3:23	-0.1	3:58	-0.6	5:29	8:32	
15	Sun	9:39	5.3	10:22	5.2	4:21	-0.1	4:49	-0.6	5:30	8:31	
16	Mon	10:40	5.1	11:19	5.3	5:21	-0.1	5:43	-0.5	5:31	8:30	
17	Tue	11:41	5.0			6:22	-0.1	6:37	-0.4	5:31	8:30	
18	Wed	12:17	5.4	12:40	4.8	7:22	-0.2	7:31	-0.4	5:32	8:29	
19	Thu	1:13	5.4	1:38	4.8	8:21	-0.3	8:25	-0.3	5:33	8:28	
20	Fri	2:07	5.5	2:33	4.8	9:17	-0.4	9:18	-0.3	5:34	8:27	
21	Sat	2:57	5.6	3:24	4.8	10:09	-0.6	10:07	-0.3	5:35	8:27	
22	Sun	3:43	5.6	4:12	4.8	10:58	-0.7	10:54	-0.2	5:36	8:26	
23	Mon	4:27	5.5	4:58	4.8	11:43	-0.7	11:37	-0.1	5:37	8:25	
24	Tue	5:07	5.4	5:43	4.7			12:25	-0.6	5:38	8:24	
25	Wed	5:46	5.3	6:26	4.7	12:19	0.1	1:05	-0.5	5:39	8:23	
26	Thu	6:22	5.1	7:09	4.6	12:58	0.2	1:43	-0.4	5:40	8:22	
27	Fri	6:55	5.0	7:51	4.6	1:36	0.3	2:19	-0.3	5:41	8:21	
28	Sat	7:20	4.8	8:30	4.6	2:14	0.4	2:53	-0.2	5:42	8:20	
29	Sun	7:43	4.7	9:07	4.6	2:54	0.5	3:25	-0.1	5:43	8:19	
30	Mon	8:21	4.6	9:38	4.7	3:39	0.6	3:56	0.0	5:44	8:18	
31	Tue	9:07	4.4	10:09	4.8	4:35	0.7	4:33	0.1	5:45	8:17	