

Albany, NY - Dec 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:43	5.4	2:11	5.8	8:45	-0.4	9:24	-0.4	7:05	4:22	
2	Sun	2:35	5.4	2:59	5.9	9:34	-0.4	10:16	-0.5	7:06	4:22	
3	Mon	3:25	5.4	3:45	5.9	10:22	-0.4	11:07	-0.5	7:07	4:22	
4	Tue	4:14	5.3	4:30	5.8	11:09	-0.3	11:55	-0.4	7:08	4:22	
5	Wed	5:03	5.1	5:16	5.6	11:53	-0.1			7:09	4:21	
6	Thu	5:53	4.9	6:03	5.4	12:42	-0.2	12:37	0.1	7:10	4:21	
7	Fri	6:45	4.8	6:52	5.2	1:29	0.0	1:21	0.4	7:11	4:21	
8	Sat	7:38	4.7	7:42	5.1	2:14	0.1	2:05	0.6	7:12	4:21	
9	Sun	8:30	4.7	8:34	4.9	3:00	0.3	2:51	0.7	7:12	4:21	
10	Mon	9:22	4.6	9:27	4.8	3:46	0.4	3:41	0.8	7:13	4:21	
11	Tue	10:13	4.7	10:22	4.7	4:32	0.4	4:36	0.9	7:14	4:21	
12	Wed	11:04	4.7	11:17	4.6	5:19	0.5	5:35	0.9	7:15	4:21	
13	Thu	11:55	4.8			6:06	0.5	6:33	0.8	7:16	4:21	
14	Fri	12:11	4.5	12:43	5.0	6:54	0.4	7:31	0.7	7:17	4:21	
15	Sat	1:03	4.5	1:29	5.1	7:42	0.4	8:25	0.5	7:17	4:22	
16	Sun	1:51	4.5	2:10	5.3	8:30	0.3	9:17	0.3	7:18	4:22	
17	Mon	2:36	4.5	2:47	5.4	9:16	0.2	10:07	0.1	7:19	4:22	
18	Tue	3:17	4.5	3:20	5.6	10:02	0.1	10:55	0.0	7:19	4:23	
19	Wed	3:57	4.5	3:52	5.7	10:49	0.1	11:41	-0.1	7:20	4:23	
20	Thu	4:38	4.6	4:29	5.7	11:36	0.0			7:21	4:23	
21	Fri	5:22	4.6	5:14	5.7	12:28	-0.2	12:24	0.0	7:21	4:24	
22	Sat	6:12	4.7	6:07	5.6	1:16	-0.2	1:15	0.0	7:22	4:24	
23	Sun	7:08	4.7	7:10	5.5	2:04	-0.2	2:09	0.0	7:22	4:25	
24	Mon	8:07	4.8	8:17	5.4	2:54	-0.2	3:06	0.0	7:23	4:25	
25	Tue	9:07	5.0	9:24	5.3	3:47	-0.2	4:06	0.0	7:23	4:26	
26	Wed	10:06	5.1	10:28	5.2	4:40	-0.3	5:09	0.0	7:23	4:27	
27	Thu	11:05	5.2	11:30	5.1	5:36	-0.3	6:11	-0.1	7:24	4:27	
28	Fri			12:04	5.4	6:31	-0.3	7:11	-0.2	7:24	4:28	
29	Sat	12:29	5.1	12:59	5.5	7:26	-0.4	8:09	-0.3	7:24	4:29	
30	Sun	1:25	5.2	1:52	5.6	8:19	-0.4	9:05	-0.5	7:24	4:29	
31	Mon	2:17	5.2	2:40	5.7	9:10	-0.4	9:58	-0.5	7:24	4:30	