

Albany, NY - Jan 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:08	5.1	3:26	5.6	9:59	-0.3	10:47	-0.5	7:25	4:31	
2	Wed	3:56	5.0	4:11	5.5	10:46	-0.2	11:34	-0.4	7:25	4:32	
3	Thu	4:43	4.9	4:54	5.4	11:30	0.0			7:25	4:33	
4	Fri	5:31	4.8	5:38	5.2	12:19	-0.3	12:12	0.2	7:25	4:34	
5	Sat	6:20	4.7	6:22	5.0	1:02	-0.1	12:54	0.3	7:25	4:35	
6	Sun	7:08	4.6	7:08	4.9	1:43	0.1	1:35	0.5	7:25	4:36	
7	Mon	7:57	4.6	7:54	4.8	2:24	0.2	2:17	0.6	7:25	4:37	
8	Tue	8:45	4.6	8:43	4.6	3:04	0.3	3:03	0.7	7:24	4:38	
9	Wed	9:32	4.6	9:36	4.5	3:45	0.4	3:56	0.8	7:24	4:39	
10	Thu	10:20	4.6	10:32	4.3	4:28	0.4	4:56	0.9	7:24	4:40	
11	Fri	11:09	4.7	11:30	4.2	5:15	0.5	5:58	0.8	7:24	4:41	
12	Sat	11:59	4.8			6:06	0.5	6:59	0.7	7:23	4:42	
13	Sun	12:26	4.2	12:47	5.0	6:59	0.4	7:57	0.5	7:23	4:43	
14	Mon	1:19	4.2	1:32	5.2	7:54	0.3	8:52	0.3	7:23	4:44	
15	Tue	2:07	4.3	2:15	5.3	8:47	0.2	9:44	0.1	7:22	4:45	
16	Wed	2:52	4.4	2:56	5.5	9:38	0.1	10:33	-0.1	7:22	4:47	
17	Thu	3:36	4.6	3:37	5.6	10:29	-0.1	11:21	-0.3	7:21	4:48	
18	Fri	4:19	4.7	4:21	5.7	11:19	-0.2			7:21	4:49	
19	Sat	5:05	4.8	5:10	5.7	12:07	-0.3	12:09	-0.3	7:20	4:50	
20	Sun	5:55	4.9	6:06	5.6	12:54	-0.4	1:01	-0.3	7:19	4:51	
21	Mon	6:50	5.0	7:06	5.6	1:42	-0.4	1:54	-0.3	7:19	4:53	
22	Tue	7:47	5.1	8:08	5.4	2:31	-0.4	2:50	-0.2	7:18	4:54	
23	Wed	8:45	5.2	9:10	5.3	3:22	-0.4	3:49	-0.2	7:17	4:55	
24	Thu	9:43	5.2	10:11	5.2	4:14	-0.3	4:50	-0.1	7:17	4:56	
25	Fri	10:42	5.3	11:11	5.1	5:09	-0.2	5:51	-0.1	7:16	4:58	
26	Sat	11:41	5.3			6:05	-0.2	6:51	-0.1	7:15	4:59	
27	Sun	12:10	5.0	12:38	5.4	7:01	-0.2	7:50	-0.2	7:14	5:00	
28	Mon	1:07	5.1	1:32	5.4	7:55	-0.2	8:45	-0.3	7:13	5:02	
29	Tue	2:00	5.1	2:22	5.5	8:48	-0.2	9:36	-0.4	7:12	5:03	
30	Wed	2:50	5.1	3:09	5.5	9:37	-0.2	10:24	-0.4	7:11	5:04	
31	Thu	3:37	5.1	3:52	5.4	10:23	-0.1	11:09	-0.3	7:10	5:06	