

Albany, NY - Mar 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:00	5.6	4:13	5.6	10:44	0.3	11:19	0.1	6:29	5:44	
2	Sun	4:41	5.6	4:52	5.5	11:25	0.4	11:56	0.3	6:28	5:45	
3	Mon	5:21	5.5	5:29	5.4			12:05	0.5	6:26	5:47	
4	Tue	5:57	5.4	6:04	5.2	12:31	0.5	12:44	0.6	6:24	5:48	
5	Wed	6:29	5.4	6:36	5.1	1:03	0.6	1:24	0.7	6:23	5:49	
6	Thu	6:48	5.5	7:02	5.0	1:32	0.7	2:05	0.9	6:21	5:50	
7	Fri	7:07	5.6	7:39	4.9	2:01	0.8	2:52	1.0	6:19	5:52	
8	Sat	7:46	5.6	8:30	4.8	2:36	0.9	3:47	1.1	6:18	5:53	
9	Sun	8:34	5.6	9:48	4.7	3:22	1.0	4:50	1.2	6:16	5:54	
10	Mon	9:30	5.6	11:07	4.7	4:26	1.1	5:54	1.2	6:14	5:55	
11	Tue	10:44	5.5			5:42	1.2	6:56	1.0	6:13	5:56	
12	Wed	12:12	4.8	12:10	5.5	6:54	1.1	7:54	0.8	6:11	5:58	
13	Thu	1:09	5.0	1:16	5.7	7:58	0.8	8:48	0.6	6:09	5:59	
14	Fri	2:01	5.3	2:12	5.9	8:57	0.5	9:39	0.4	6:07	6:00	
15	Sat	2:49	5.6	3:03	6.1	9:52	0.3	10:28	0.2	6:06	6:01	
16	Sun	3:35	5.9	3:53	6.2	10:45	0.1	11:15	0.1	6:04	6:02	
17	Mon	4:21	6.0	4:44	6.2	11:37	-0.1			6:02	6:03	
18	Tue	5:08	6.1	5:38	6.1	12:02	0.1	12:29	-0.1	6:00	6:05	
19	Wed	5:59	6.1	6:34	5.9	12:49	0.2	1:21	0.0	5:59	6:06	
20	Thu	6:54	6.1	7:33	5.8	1:37	0.3	2:15	0.2	5:57	6:07	
21	Fri	7:51	6.0	8:33	5.7	2:26	0.5	3:11	0.3	5:55	6:08	
22	Sat	8:50	5.9	9:32	5.6	3:19	0.7	4:09	0.5	5:53	6:09	
23	Sun	9:50	5.7	10:31	5.5	4:14	0.8	5:07	0.6	5:52	6:10	
24	Mon	10:51	5.7	11:29	5.6	5:11	1.0	6:04	0.6	5:50	6:11	
25	Tue	11:50	5.6			6:09	1.0	7:00	0.6	5:48	6:13	
26	Wed	12:26	5.7	12:47	5.7	7:06	1.0	7:52	0.5	5:46	6:14	
27	Thu	1:19	5.8	1:39	5.7	7:59	0.9	8:41	0.5	5:45	6:15	
28	Fri	2:08	6.0	2:26	5.8	8:50	0.8	9:25	0.4	5:43	6:16	
29	Sat	2:53	6.1	3:09	5.8	9:36	0.7	10:07	0.5	5:41	6:17	
30	Sun	3:35	6.2	3:49	5.8	10:20	0.7	10:45	0.6	5:39	6:18	
31	Mon	4:14	6.2	4:28	5.7	11:03	0.7	11:21	0.7	5:38	6:19	