

Albany, NY - Aug 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:26	5.2	9:11	5.0	3:22	-0.3	3:49	-0.7	5:47	8:15	
2	Sat	9:29	5.1	10:09	5.1	4:20	-0.2	4:40	-0.6	5:48	8:14	
3	Sun	10:33	4.9	11:08	5.1	5:20	-0.2	5:34	-0.5	5:49	8:12	
4	Mon	11:36	4.7			6:22	-0.2	6:31	-0.4	5:50	8:11	
5	Tue	12:08	5.2	12:38	4.6	7:24	-0.2	7:29	-0.4	5:51	8:10	
6	Wed	1:07	5.2	1:38	4.6	8:24	-0.4	8:26	-0.4	5:52	8:09	
7	Thu	2:04	5.3	2:35	4.6	9:21	-0.6	9:21	-0.4	5:53	8:07	
8	Fri	2:57	5.4	3:28	4.7	10:14	-0.8	10:14	-0.4	5:54	8:06	
9	Sat	3:46	5.4	4:17	4.8	11:04	-0.8	11:03	-0.4	5:55	8:05	
10	Sun	4:32	5.4	5:04	4.8	11:50	-0.9	11:49	-0.3	5:56	8:03	
11	Mon	5:15	5.3	5:49	4.8			12:33	-0.8	5:57	8:02	
12	Tue	5:57	5.1	6:34	4.7	12:33	-0.2	1:14	-0.6	5:58	8:01	
13	Wed	6:38	4.9	7:18	4.6	1:15	0.0	1:52	-0.5	5:59	7:59	
14	Thu	7:19	4.8	8:02	4.6	1:56	0.2	2:28	-0.3	6:00	7:58	
15	Fri	8:00	4.6	8:44	4.6	2:37	0.3	3:02	-0.1	6:01	7:56	
16	Sat	8:42	4.4	9:25	4.6	3:20	0.5	3:33	0.0	6:03	7:55	
17	Sun	9:27	4.2	10:05	4.6	4:08	0.6	4:04	0.1	6:04	7:53	
18	Mon	10:21	3.9	10:46	4.6	5:03	0.7	4:42	0.2	6:05	7:52	
19	Tue	11:24	3.7	11:37	4.7	6:04	0.7	5:35	0.3	6:06	7:50	
20	Wed			12:28	3.6	7:07	0.6	6:42	0.4	6:07	7:49	
21	Thu	12:36	4.7	1:28	3.7	8:07	0.4	7:50	0.4	6:08	7:47	
22	Fri	1:33	4.8	2:22	3.8	9:04	0.2	8:53	0.3	6:09	7:45	
23	Sat	2:26	5.0	3:12	4.0	9:57	-0.1	9:51	0.1	6:10	7:44	
24	Sun	3:14	5.2	3:57	4.3	10:46	-0.4	10:46	-0.2	6:11	7:42	
25	Mon	4:00	5.4	4:41	4.5	11:33	-0.6	11:38	-0.4	6:12	7:41	
26	Tue	4:44	5.5	5:24	4.7			12:19	-0.8	6:13	7:39	
27	Wed	5:31	5.5	6:09	4.9	12:29	-0.5	1:04	-0.8	6:14	7:37	
28	Thu	6:21	5.4	6:57	5.1	1:20	-0.5	1:49	-0.9	6:15	7:36	
29	Fri	7:16	5.3	7:50	5.1	2:12	-0.5	2:35	-0.8	6:16	7:34	
30	Sat	8:15	5.1	8:46	5.2	3:07	-0.5	3:23	-0.7	6:18	7:32	
31	Sun	9:16	4.9	9:45	5.2	4:03	-0.4	4:14	-0.6	6:19	7:31	