

Albany, NY - Dec 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:57	5.1			6:18	0.2	6:37	0.6	7:05	4:22	
2	Tue	12:14	4.9	12:47	5.2	7:06	0.2	7:31	0.5	7:06	4:22	
3	Wed	1:06	4.8	1:35	5.3	7:52	0.1	8:23	0.4	7:07	4:22	
4	Thu	1:54	4.8	2:19	5.5	8:36	0.1	9:12	0.2	7:08	4:21	
5	Fri	2:39	4.8	2:59	5.5	9:18	0.1	9:59	0.1	7:09	4:21	
6	Sat	3:21	4.7	3:34	5.6	9:58	0.2	10:44	0.1	7:10	4:21	
7	Sun	4:02	4.6	4:06	5.6	10:37	0.2	11:28	0.0	7:11	4:21	
8	Mon	4:40	4.5	4:30	5.6	11:17	0.2			7:12	4:21	
9	Tue	5:16	4.4	4:52	5.6	12:11	0.1	11:57 AM	0.2	7:13	4:21	
10	Wed	5:52	4.4	5:26	5.7	12:54	0.1	12:39	0.3	7:14	4:21	
11	Thu	6:30	4.5	6:12	5.6	1:37	0.1	1:24	0.3	7:15	4:21	
12	Fri	7:17	4.5	7:04	5.6	2:23	0.1	2:15	0.3	7:16	4:21	
13	Sat	8:12	4.6	8:04	5.4	3:11	0.1	3:12	0.4	7:16	4:21	
14	Sun	9:13	4.8	9:15	5.3	4:02	0.1	4:16	0.4	7:17	4:22	
15	Mon	10:14	4.9	10:30	5.2	4:57	0.1	5:22	0.4	7:18	4:22	
16	Tue	11:16	5.1	11:39	5.1	5:52	0.0	6:27	0.3	7:19	4:22	
17	Wed			12:15	5.3	6:49	-0.1	7:30	0.1	7:19	4:22	
18	Thu	12:41	5.1	1:10	5.5	7:44	-0.2	8:29	-0.1	7:20	4:23	
19	Fri	1:39	5.2	2:03	5.7	8:39	-0.3	9:26	-0.4	7:20	4:23	
20	Sat	2:33	5.2	2:53	5.8	9:31	-0.4	10:20	-0.5	7:21	4:24	
21	Sun	3:24	5.2	3:41	5.8	10:22	-0.4	11:11	-0.5	7:22	4:24	
22	Mon	4:15	5.1	4:29	5.7	11:11	-0.3			7:22	4:25	
23	Tue	5:06	5.0	5:19	5.5	12:01	-0.5	11:59 AM	-0.2	7:22	4:25	
24	Wed	5:59	4.9	6:11	5.3	12:50	-0.4	12:47	0.0	7:23	4:26	
25	Thu	6:54	4.8	7:05	5.2	1:37	-0.3	1:35	0.1	7:23	4:26	
26	Fri	7:48	4.8	8:00	5.0	2:25	-0.1	2:25	0.3	7:24	4:27	
27	Sat	8:42	4.7	8:54	4.9	3:12	0.0	3:15	0.5	7:24	4:28	
28	Sun	9:34	4.7	9:48	4.7	3:59	0.1	4:09	0.6	7:24	4:29	
29	Mon	10:26	4.8	10:43	4.6	4:46	0.2	5:04	0.7	7:24	4:29	
30	Tue	11:18	4.8	11:37	4.5	5:33	0.3	6:01	0.7	7:24	4:30	
31	Wed			12:09	4.9	6:20	0.3	6:57	0.6	7:25	4:31	