

Albany, NY - Jul 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:04	5.8	3:39	4.8	10:34	-0.1	10:25	0.2	5:20	8:36	
2	Sun	3:54	5.8	4:31	4.8	11:27	-0.2	11:17	0.2	5:21	8:36	
3	Mon	4:42	5.7	5:22	4.7			12:16	-0.3	5:22	8:36	
4	Tue	5:29	5.6	6:12	4.7	12:07	0.3	1:03	-0.3	5:22	8:36	
5	Wed	6:16	5.4	7:03	4.7	12:54	0.4	1:48	-0.2	5:23	8:35	
6	Thu	7:04	5.2	7:55	4.7	1:40	0.5	2:31	-0.1	5:23	8:35	
7	Fri	7:53	5.0	8:46	4.7	2:26	0.7	3:12	0.0	5:24	8:35	
8	Sat	8:43	4.8	9:35	4.7	3:13	0.9	3:53	0.2	5:25	8:34	
9	Sun	9:34	4.6	10:23	4.8	4:02	1.0	4:32	0.3	5:26	8:34	
10	Mon	10:27	4.3	11:11	4.8	4:56	1.1	5:11	0.4	5:26	8:33	
11	Tue	11:23	4.1			5:54	1.1	5:53	0.5	5:27	8:33	
12	Wed	12:00	4.9	12:21	3.9	6:54	1.0	6:39	0.6	5:28	8:32	
13	Thu	12:49	5.0	1:19	3.7	7:53	0.8	7:30	0.7	5:29	8:32	
14	Fri	1:38	5.1	2:14	3.7	8:50	0.6	8:24	0.7	5:29	8:31	
15	Sat	2:25	5.2	3:05	3.8	9:43	0.3	9:18	0.6	5:30	8:31	
16	Sun	3:08	5.3	3:51	3.9	10:33	0.1	10:10	0.4	5:31	8:30	
17	Mon	3:47	5.4	4:33	4.0	11:19	-0.1	11:01	0.3	5:32	8:29	
18	Tue	4:24	5.5	5:14	4.2			12:03	-0.3	5:33	8:29	
19	Wed	5:02	5.6	5:54	4.3			12:46	-0.4	5:34	8:28	
20	Thu	5:42	5.6	6:35	4.5	12:38	0.0	1:28	-0.5	5:35	8:27	
21	Fri	6:27	5.5	7:20	4.7	1:27	0.0	2:10	-0.5	5:36	8:26	
22	Sat	7:17	5.4	8:08	4.9	2:18	0.0	2:53	-0.5	5:37	8:25	
23	Sun	8:13	5.2	9:00	5.1	3:12	0.0	3:37	-0.5	5:37	8:24	
24	Mon	9:14	5.0	9:55	5.2	4:09	0.1	4:25	-0.4	5:38	8:23	
25	Tue	10:17	4.7	10:52	5.2	5:11	0.2	5:16	-0.3	5:39	8:23	
26	Wed	11:22	4.5	11:53	5.2	6:15	0.2	6:13	-0.2	5:40	8:22	
27	Thu			12:28	4.3	7:19	0.1	7:13	-0.1	5:41	8:21	
28	Fri	12:55	5.2	1:31	4.3	8:22	0.0	8:14	0.0	5:42	8:20	
29	Sat	1:55	5.2	2:30	4.3	9:21	-0.2	9:13	-0.1	5:43	8:18	
30	Sun	2:52	5.3	3:25	4.4	10:16	-0.4	10:08	-0.1	5:44	8:17	
31	Mon	3:43	5.3	4:16	4.5	11:07	-0.6	11:00	-0.1	5:45	8:16	