

































Albany, NY - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:49	4.7	6:48	5.4	1:50	0.0	1:52	0.2	7:25	4:32	
2	Tue	7:36	4.8	7:44	5.2	2:33	0.0	2:47	0.3	7:25	4:32	
3	Wed	8:29	5.0	8:47	5.0	3:18	0.0	3:49	0.4	7:25	4:33	
4	Thu	9:26	5.1	9:57	4.8	4:08	0.1	4:55	0.5	7:25	4:34	
5	Fri	10:29	5.1	11:07	4.6	5:03	0.1	6:01	0.4	7:25	4:35	
6	Sat	11:33	5.2			6:03	0.2	7:07	0.3	7:25	4:36	
7	Sun	12:13	4.5	12:36	5.3	7:04	0.2	8:09	0.1	7:24	4:37	
8	Mon	1:15	4.6	1:35	5.3	8:04	0.1	9:07	-0.1	7:24	4:38	
9	Tue	2:12	4.6	2:30	5.4	9:02	0.0	10:01	-0.3	7:24	4:39	
10	Wed	3:06	4.7	3:22	5.4	9:57	-0.1	10:52	-0.4	7:24	4:40	
11	Thu	3:57	4.8	4:12	5.4	10:48	-0.1	11:41	-0.4	7:23	4:42	
12	Fri	4:48	4.8	5:02	5.3	11:37	-0.1			7:23	4:43	
13	Sat	5:39	4.8	5:52	5.2	12:27	-0.3	12:25	0.0	7:23	4:44	
14	Sun	6:30	4.8	6:42	5.0	1:11	-0.2	1:12	0.2	7:22	4:45	
15	Mon	7:21	4.8	7:33	4.9	1:54	-0.1	2:00	0.3	7:22	4:46	
16	Tue	8:11	4.8	8:24	4.7	2:36	0.0	2:49	0.5	7:21	4:47	
17	Wed	9:00	4.9	9:16	4.5	3:17	0.2	3:40	0.6	7:21	4:48	
18	Thu	9:48	4.9	10:10	4.4	3:58	0.3	4:34	0.7	7:20	4:50	
19	Fri	10:37	4.9	11:05	4.2	4:41	0.5	5:31	0.8	7:20	4:51	
20	Sat	11:28	4.9			5:27	0.6	6:28	0.7	7:19	4:52	
21	Sun	12:01	4.1	12:18	5.0	6:17	0.7	7:25	0.6	7:18	4:53	
22	Mon	12:55	4.1	1:07	5.1	7:09	0.7	8:18	0.4	7:18	4:55	
23	Tue	1:45	4.2	1:53	5.2	8:02	0.6	9:08	0.3	7:17	4:56	
24	Wed	2:32	4.3	2:35	5.3	8:53	0.4	9:54	0.1	7:16	4:57	
25	Thu	3:14	4.4	3:13	5.4	9:42	0.3	10:38	0.0	7:15	4:58	
26	Fri	3:52	4.5	3:48	5.4	10:30	0.2	11:20	0.0	7:14	5:00	
27	Sat	4:29	4.6	4:24	5.5	11:17	0.1			7:14	5:01	
28	Sun	5:04	4.8	5:03	5.5	12:01	-0.1	12:04	0.0	7:13	5:02	
29	Mon	5:40	5.0	5:48	5.4	12:41	-0.1	12:52	0.0	7:12	5:04	
30	Tue	6:22	5.1	6:39	5.3	1:22	-0.1	1:43	0.1	7:11	5:05	
31	Wed	7:09	5.3	7:37	5.1	2:04	-0.1	2:38	0.2	7:10	5:06	