
































Albany, NY - Jun 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:59	5.3			6:25	1.1	6:56	0.5	5:19	8:25	
2	Sat	12:38	5.8	12:55	5.2	7:24	1.0	7:44	0.5	5:19	8:26	
3	Sun	1:30	6.0	1:48	5.1	8:20	0.9	8:31	0.6	5:18	8:27	
4	Mon	2:18	6.1	2:39	5.1	9:13	0.7	9:15	0.7	5:18	8:28	
5	Tue	3:02	6.2	3:26	5.0	10:03	0.6	9:57	0.7	5:17	8:28	
6	Wed	3:43	6.3	4:11	5.0	10:50	0.4	10:38	0.8	5:17	8:29	
7	Thu	4:20	6.3	4:53	4.9	11:34	0.4	11:16	0.9	5:17	8:30	
8	Fri	4:54	6.2	5:34	4.8			12:16	0.4	5:17	8:30	
9	Sat	5:23	6.1	6:14	4.7			12:56	0.4	5:16	8:31	
10	Sun	5:45	6.1	6:53	4.7	12:31	1.0	1:36	0.4	5:16	8:32	
11	Mon	6:11	6.0	7:31	4.7	1:10	1.0	2:15	0.5	5:16	8:32	
12	Tue	6:48	6.0	8:09	4.8	1:51	1.0	2:54	0.5	5:16	8:33	
13	Wed	7:32	5.9	8:48	5.0	2:37	1.0	3:33	0.5	5:16	8:33	
14	Thu	8:22	5.7	9:34	5.1	3:28	1.1	4:15	0.5	5:16	8:34	
15	Fri	9:18	5.5	10:25	5.3	4:29	1.1	5:00	0.5	5:16	8:34	
16	Sat	10:21	5.2	11:22	5.5	5:37	1.2	5:51	0.5	5:16	8:34	
17	Sun	11:36	5.0			6:47	1.1	6:48	0.6	5:16	8:35	
18	Mon	12:22	5.6	12:51	4.8	7:55	0.9	7:47	0.6	5:16	8:35	
19	Tue	1:21	5.8	1:58	4.7	8:58	0.7	8:48	0.6	5:16	8:35	
20	Wed	2:18	5.9	2:58	4.8	9:58	0.4	9:46	0.5	5:16	8:36	
21	Thu	3:11	6.0	3:53	4.8	10:54	0.1	10:43	0.4	5:17	8:36	
22	Fri	4:02	6.1	4:47	4.9	11:47	-0.1	11:37	0.4	5:17	8:36	
23	Sat	4:53	6.0	5:41	4.9			12:38	-0.2	5:17	8:36	
24	Sun	5:46	5.9	6:36	4.9	12:30	0.3	1:28	-0.2	5:17	8:36	
25	Mon	6:41	5.7	7:32	4.9	1:22	0.4	2:17	-0.2	5:18	8:36	
26	Tue	7:38	5.5	8:29	5.0	2:14	0.4	3:04	-0.2	5:18	8:37	
27	Wed	8:36	5.3	9:24	5.1	3:07	0.5	3:52	-0.1	5:18	8:37	
28	Thu	9:32	5.1	10:18	5.2	4:01	0.7	4:39	0.0	5:19	8:37	
29	Fri	10:28	4.9	11:10	5.3	4:57	0.8	5:25	0.1	5:19	8:36	
30	Sat	11:24	4.7			5:54	0.8	6:12	0.3	5:20	8:36	