

































## Albany, NY - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:02	5.3	12:20	4.5	6:52	0.8	6:59	0.4	5:20	8:36	
2	Mon	12:53	5.4	1:15	4.4	7:49	0.7	7:47	0.5	5:21	8:36	
3	Tue	1:43	5.5	2:09	4.3	8:44	0.5	8:34	0.5	5:21	8:36	
4	Wed	2:30	5.6	3:00	4.3	9:35	0.3	9:20	0.5	5:22	8:36	
5	Thu	3:13	5.6	3:47	4.3	10:24	0.1	10:06	0.5	5:23	8:35	
6	Fri	3:53	5.6	4:30	4.3	11:08	0.0	10:49	0.5	5:23	8:35	
7	Sat	4:29	5.6	5:11	4.3	11:51	-0.1	11:32	0.4	5:24	8:35	
8	Sun	5:01	5.6	5:50	4.4			12:31	-0.2	5:25	8:34	
9	Mon	5:29	5.6	6:26	4.4	12:15	0.4	1:10	-0.2	5:25	8:34	
10	Tue	5:58	5.6	7:01	4.5	12:57	0.4	1:48	-0.2	5:26	8:34	
11	Wed	6:34	5.5	7:35	4.7	1:41	0.4	2:26	-0.2	5:27	8:33	
12	Thu	7:17	5.4	8:13	4.9	2:28	0.4	3:03	-0.2	5:28	8:33	
13	Fri	8:07	5.3	8:57	5.1	3:19	0.5	3:42	-0.2	5:28	8:32	
14	Sat	9:02	5.0	9:47	5.2	4:17	0.6	4:25	-0.1	5:29	8:31	
15	Sun	10:05	4.7	10:45	5.2	5:22	0.6	5:15	0.0	5:30	8:31	
16	Mon	11:19	4.4	11:50	5.3	6:30	0.6	6:15	0.1	5:31	8:30	
17	Tue			12:34	4.2	7:37	0.5	7:22	0.2	5:32	8:29	
18	Wed	12:57	5.3	1:42	4.2	8:41	0.3	8:27	0.2	5:33	8:29	
19	Thu	2:01	5.4	2:44	4.3	9:41	0.0	9:30	0.1	5:34	8:28	
20	Fri	2:59	5.4	3:40	4.4	10:37	-0.3	10:28	0.0	5:34	8:27	
21	Sat	3:54	5.5	4:33	4.5	11:29	-0.5	11:22	-0.2	5:35	8:26	
22	Sun	4:45	5.5	5:25	4.6			12:18	-0.6	5:36	8:26	
23	Mon	5:35	5.4	6:16	4.7	12:14	-0.2	1:04	-0.7	5:37	8:25	
24	Tue	6:25	5.2	7:07	4.7	1:04	-0.1	1:49	-0.6	5:38	8:24	
25	Wed	7:16	5.1	7:59	4.8	1:53	0.0	2:33	-0.5	5:39	8:23	
26	Thu	8:07	4.8	8:50	4.8	2:42	0.2	3:15	-0.4	5:40	8:22	
27	Fri	9:00	4.6	9:40	4.9	3:33	0.3	3:57	-0.2	5:41	8:21	
28	Sat	9:53	4.4	10:29	4.9	4:25	0.5	4:38	0.0	5:42	8:20	
29	Sun	10:47	4.1	11:19	4.9	5:20	0.6	5:22	0.2	5:43	8:19	
30	Mon	11:44	3.9			6:17	0.6	6:08	0.4	5:44	8:18	
31	Tue	12:11	4.9	12:41	3.8	7:15	0.5	6:58	0.5	5:45	8:17	