
































Albany, NY - Nov 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:14	5.0	2:35	5.6	9:16	0.1	10:01	0.2	6:28	4:48	
2	Fri	3:01	5.1	3:14	5.8	10:02	0.1	10:54	0.0	6:30	4:47	
3	Sat	3:48	5.0	3:55	5.9	10:49	0.1	11:46	0.0	6:31	4:45	
4	Sun	4:38	4.9	4:40	5.9	11:37	0.1			6:32	4:44	
5	Mon	5:32	4.8	5:32	5.8	12:38	0.0	12:27	0.1	6:33	4:43	
6	Tue	6:32	4.7	6:33	5.6	1:32	0.0	1:21	0.2	6:35	4:42	
7	Wed	7:35	4.7	7:43	5.4	2:26	0.1	2:17	0.3	6:36	4:41	
8	Thu	8:38	4.7	8:53	5.3	3:22	0.1	3:17	0.3	6:37	4:39	
9	Fri	9:40	4.8	9:59	5.2	4:18	0.1	4:19	0.4	6:38	4:38	
10	Sat	10:40	5.0	11:01	5.1	5:14	0.1	5:21	0.4	6:40	4:37	
11	Sun	11:38	5.1	11:59	5.1	6:08	0.0	6:22	0.3	6:41	4:36	
12	Mon			12:33	5.4	6:59	-0.1	7:20	0.2	6:42	4:35	
13	Tue	12:53	5.1	1:24	5.6	7:48	-0.1	8:15	0.1	6:43	4:34	
14	Wed	1:43	5.1	2:11	5.7	8:34	-0.1	9:07	0.1	6:45	4:33	
15	Thu	2:30	5.1	2:54	5.8	9:18	-0.1	9:55	0.0	6:46	4:32	
16	Fri	3:15	5.0	3:33	5.8	9:58	0.1	10:40	0.0	6:47	4:31	
17	Sat	3:57	4.8	4:10	5.7	10:36	0.2	11:24	0.1	6:48	4:30	
18	Sun	4:40	4.7	4:44	5.6	11:12	0.4			6:50	4:30	
19	Mon	5:22	4.5	5:15	5.5	12:05	0.2	11:46 AM	0.5	6:51	4:29	
20	Tue	6:04	4.4	5:39	5.5	12:46	0.3	12:19	0.6	6:52	4:28	
21	Wed	6:47	4.3	6:05	5.4	1:26	0.4	12:54	0.7	6:53	4:27	
22	Thu	7:30	4.3	6:43	5.4	2:06	0.5	1:33	0.7	6:55	4:27	
23	Fri	8:13	4.3	7:30	5.3	2:48	0.5	2:20	0.8	6:56	4:26	
24	Sat	8:58	4.4	8:23	5.2	3:31	0.6	3:16	0.8	6:57	4:25	
25	Sun	9:46	4.5	9:24	5.0	4:18	0.5	4:22	0.9	6:58	4:25	
26	Mon	10:38	4.7	10:37	4.9	5:08	0.5	5:33	0.9	6:59	4:24	
27	Tue	11:32	4.9	11:49	4.8	6:00	0.5	6:42	0.8	7:00	4:24	
28	Wed			12:25	5.2	6:54	0.4	7:46	0.6	7:02	4:23	
29	Thu	12:52	4.7	1:15	5.4	7:48	0.3	8:46	0.4	7:03	4:23	
30	Fri	1:48	4.8	2:03	5.7	8:41	0.2	9:43	0.2	7:04	4:23	