

































Albany, NY - Jul 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:37	6.1	5:24	4.8			12:24	-0.4	5:21	8:36	
2	Tue	5:27	6.0	6:17	4.9	12:24	0.0	1:13	-0.5	5:21	8:36	
3	Wed	6:21	5.9	7:13	5.0	1:17	-0.1	2:02	-0.6	5:22	8:36	
4	Thu	7:19	5.8	8:11	5.1	2:10	-0.1	2:51	-0.6	5:22	8:36	
5	Fri	8:20	5.6	9:09	5.2	3:05	-0.1	3:41	-0.6	5:23	8:35	
6	Sat	9:22	5.4	10:06	5.3	4:01	0.0	4:32	-0.5	5:24	8:35	
7	Sun	10:22	5.2	11:02	5.4	5:00	0.0	5:24	-0.4	5:24	8:35	
8	Mon	11:21	5.1	11:58	5.4	5:59	0.1	6:17	-0.3	5:25	8:34	
9	Tue			12:19	4.9	6:58	0.0	7:10	-0.3	5:26	8:34	
10	Wed	12:54	5.5	1:16	4.8	7:57	-0.1	8:02	-0.2	5:26	8:33	
11	Thu	1:47	5.6	2:11	4.8	8:53	-0.2	8:53	-0.1	5:27	8:33	
12	Fri	2:37	5.6	3:03	4.8	9:45	-0.3	9:42	-0.1	5:28	8:32	
13	Sat	3:24	5.6	3:51	4.9	10:34	-0.4	10:28	0.0	5:29	8:32	
14	Sun	4:06	5.6	4:37	4.8	11:20	-0.5	11:12	0.1	5:30	8:31	
15	Mon	4:46	5.5	5:20	4.8			12:02	-0.5	5:31	8:30	
16	Tue	5:23	5.4	6:03	4.7			12:42	-0.4	5:31	8:30	
17	Wed	5:57	5.3	6:44	4.6	12:32	0.2	1:20	-0.3	5:32	8:29	
18	Thu	6:24	5.2	7:24	4.6	1:09	0.3	1:56	-0.3	5:33	8:28	
19	Fri	6:41	5.1	8:01	4.6	1:47	0.4	2:31	-0.2	5:34	8:28	
20	Sat	7:10	5.0	8:32	4.7	2:27	0.4	3:04	-0.1	5:35	8:27	
21	Sun	7:51	4.9	8:57	4.8	3:10	0.5	3:36	-0.1	5:36	8:26	
22	Mon	8:38	4.7	9:32	4.9	4:02	0.6	4:13	0.0	5:37	8:25	
23	Tue	9:30	4.5	10:21	5.0	5:04	0.7	4:59	0.1	5:38	8:24	
24	Wed	10:33	4.2	11:23	5.0	6:14	0.7	5:59	0.2	5:39	8:23	
25	Thu			12:06	4.0	7:22	0.6	7:10	0.2	5:40	8:22	
26	Fri	12:35	5.1	1:25	4.0	8:25	0.4	8:18	0.2	5:41	8:21	
27	Sat	1:42	5.2	2:28	4.1	9:25	0.1	9:20	0.0	5:42	8:20	
28	Sun	2:40	5.4	3:23	4.3	10:20	-0.3	10:19	-0.2	5:43	8:19	
29	Mon	3:34	5.6	4:15	4.5	11:12	-0.6	11:14	-0.4	5:44	8:18	
30	Tue	4:25	5.7	5:06	4.7			12:02	-0.8	5:45	8:17	
31	Wed	5:16	5.7	5:58	4.8	12:08	-0.5	12:51	-0.9	5:46	8:16	