




























## Albany, NY - Jul 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:04	6.0	4:53	4.8	11:55	-0.3	11:47	0.1	5:21	8:36	
2	Sun	4:53	6.0	5:46	4.8			12:46	-0.4	5:21	8:36	
3	Mon	5:45	5.9	6:42	4.9	12:40	0.1	1:36	-0.5	5:22	8:36	
4	Tue	6:42	5.8	7:39	4.9	1:33	0.0	2:26	-0.5	5:22	8:36	
5	Wed	7:44	5.6	8:38	5.0	2:27	0.1	3:17	-0.5	5:23	8:35	
6	Thu	8:46	5.4	9:36	5.1	3:22	0.1	4:07	-0.5	5:24	8:35	
7	Fri	9:47	5.2	10:32	5.2	4:19	0.2	4:58	-0.4	5:24	8:35	
8	Sat	10:47	5.0	11:27	5.3	5:18	0.2	5:49	-0.3	5:25	8:34	
9	Sun	11:45	4.9			6:17	0.3	6:40	-0.2	5:26	8:34	
10	Mon	12:22	5.4	12:42	4.7	7:16	0.2	7:31	-0.2	5:27	8:33	
11	Tue	1:15	5.5	1:37	4.6	8:13	0.1	8:21	-0.1	5:27	8:33	
12	Wed	2:06	5.6	2:30	4.6	9:08	0.0	9:09	0.0	5:28	8:32	
13	Thu	2:53	5.6	3:20	4.6	9:59	-0.2	9:56	0.0	5:29	8:32	
14	Fri	3:37	5.7	4:07	4.6	10:46	-0.3	10:39	0.1	5:30	8:31	
15	Sat	4:18	5.6	4:51	4.6	11:30	-0.4	11:21	0.2	5:31	8:30	
16	Sun	4:56	5.6	5:33	4.5			12:12	-0.4	5:31	8:30	
17	Mon	5:30	5.5	6:14	4.4	12:00	0.2	12:51	-0.3	5:32	8:29	
18	Tue	6:00	5.4	6:53	4.4	12:39	0.3	1:29	-0.3	5:33	8:28	
19	Wed	6:23	5.3	7:29	4.4	1:17	0.3	2:05	-0.2	5:34	8:28	
20	Thu	6:49	5.3	8:00	4.5	1:57	0.4	2:40	-0.2	5:35	8:27	
21	Fri	7:27	5.2	8:25	4.6	2:39	0.4	3:14	-0.2	5:36	8:26	
22	Sat	8:12	5.1	9:00	4.8	3:27	0.5	3:49	-0.1	5:37	8:25	
23	Sun	9:03	4.8	9:45	4.9	4:23	0.6	4:29	-0.1	5:38	8:24	
24	Mon	10:01	4.6	10:40	5.0	5:29	0.7	5:18	0.0	5:39	8:23	
25	Tue	11:15	4.3	11:45	5.0	6:39	0.6	6:19	0.1	5:40	8:22	
26	Wed			12:39	4.2	7:46	0.5	7:28	0.2	5:41	8:21	
27	Thu	12:56	5.1	1:49	4.2	8:49	0.2	8:35	0.1	5:42	8:20	
28	Fri	2:00	5.3	2:49	4.3	9:48	-0.1	9:38	0.0	5:43	8:19	
29	Sat	2:58	5.4	3:44	4.4	10:43	-0.4	10:36	-0.2	5:44	8:18	
30	Sun	3:52	5.5	4:37	4.6	11:36	-0.7	11:31	-0.3	5:45	8:17	
31	Mon	4:44	5.6	5:29	4.7			12:25	-0.8	5:46	8:16	