































## Albany, NY - Nov 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:50	4.5	7:51	5.2	2:24	0.5	2:08	0.7	6:29	4:47	
2	Thu	8:43	4.4	8:40	5.1	3:11	0.6	2:49	0.9	6:30	4:46	
3	Fri	9:37	4.3	9:33	5.0	4:00	0.7	3:38	1.0	6:32	4:45	
4	Sat	10:31	4.3	10:30	4.9	4:51	0.7	4:36	1.1	6:33	4:43	
5	Sun	11:24	4.4	11:27	4.9	5:42	0.7	5:39	1.1	6:34	4:42	
6	Mon			12:16	4.5	6:32	0.6	6:41	1.0	6:35	4:41	
7	Tue	12:22	4.9	1:04	4.8	7:21	0.5	7:40	0.8	6:37	4:40	
8	Wed	1:13	5.0	1:48	5.0	8:08	0.3	8:35	0.5	6:38	4:39	
9	Thu	1:59	5.0	2:26	5.3	8:53	0.2	9:28	0.3	6:39	4:38	
10	Fri	2:41	5.0	3:00	5.5	9:37	0.1	10:18	0.2	6:40	4:37	
11	Sat	3:22	5.0	3:31	5.7	10:20	0.1	11:08	0.1	6:42	4:36	
12	Sun	4:02	5.0	4:03	5.8	11:03	0.1	11:57	0.0	6:43	4:35	
13	Mon	4:46	4.9	4:40	5.9	11:48	0.1			6:44	4:34	
14	Tue	5:36	4.9	5:26	5.9	12:47	0.0	12:35	0.1	6:45	4:33	
15	Wed	6:33	4.8	6:21	5.8	1:39	0.0	1:26	0.2	6:47	4:32	
16	Thu	7:36	4.7	7:27	5.6	2:32	0.1	2:22	0.2	6:48	4:31	
17	Fri	8:40	4.8	8:42	5.4	3:28	0.1	3:22	0.3	6:49	4:30	
18	Sat	9:42	4.9	9:54	5.3	4:24	0.0	4:26	0.3	6:50	4:29	
19	Sun	10:43	5.0	11:00	5.3	5:21	0.0	5:30	0.3	6:52	4:28	
20	Mon	11:42	5.2			6:17	-0.1	6:32	0.1	6:53	4:28	
21	Tue	12:02	5.3	12:39	5.4	7:11	-0.3	7:32	0.0	6:54	4:27	
22	Wed	1:00	5.3	1:32	5.6	8:02	-0.4	8:28	-0.2	6:55	4:26	
23	Thu	1:52	5.3	2:20	5.8	8:51	-0.4	9:22	-0.3	6:56	4:26	
24	Fri	2:41	5.3	3:06	5.9	9:38	-0.4	10:12	-0.3	6:58	4:25	
25	Sat	3:27	5.2	3:49	5.9	10:22	-0.3	10:59	-0.2	6:59	4:25	
26	Sun	4:12	5.1	4:30	5.8	11:03	-0.1	11:45	-0.1	7:00	4:24	
27	Mon	4:58	4.9	5:10	5.6	11:43	0.1			7:01	4:24	
28	Tue	5:44	4.7	5:49	5.5	12:28	0.1	12:20	0.4	7:02	4:23	
29	Wed	6:31	4.5	6:28	5.3	1:11	0.2	12:56	0.6	7:03	4:23	
30	Thu	7:20	4.4	7:06	5.2	1:53	0.4	1:32	0.7	7:04	4:22	