

































## Albany, NY - Jan 2001

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:50	4.4	8:17	4.8	3:14	0.4	3:19	0.8	7:25	4:32	
2	Tue	9:29	4.5	9:16	4.6	3:55	0.4	4:24	0.9	7:25	4:33	
3	Wed	10:16	4.6	10:31	4.4	4:42	0.4	5:34	0.9	7:25	4:34	
4	Thu	11:11	4.8	11:46	4.3	5:35	0.4	6:41	0.8	7:25	4:35	
5	Fri			12:08	5.0	6:34	0.4	7:44	0.6	7:25	4:36	
6	Sat	12:50	4.3	1:02	5.2	7:33	0.3	8:43	0.3	7:24	4:37	
7	Sun	1:46	4.4	1:52	5.4	8:31	0.2	9:39	0.1	7:24	4:38	
8	Mon	2:38	4.5	2:41	5.6	9:28	0.1	10:32	-0.2	7:24	4:39	
9	Tue	3:29	4.6	3:31	5.7	10:22	-0.1	11:22	-0.3	7:24	4:40	
10	Wed	4:19	4.7	4:22	5.7	11:15	-0.2			7:24	4:41	
11	Thu	5:12	4.7	5:18	5.6	12:12	-0.4	12:07	-0.3	7:23	4:42	
12	Fri	6:08	4.8	6:18	5.5	1:02	-0.5	1:00	-0.3	7:23	4:43	
13	Sat	7:05	4.9	7:20	5.4	1:51	-0.5	1:54	-0.3	7:23	4:44	
14	Sun	8:03	5.0	8:21	5.3	2:41	-0.5	2:50	-0.2	7:22	4:45	
15	Mon	8:59	5.1	9:20	5.2	3:32	-0.4	3:48	-0.1	7:22	4:46	
16	Tue	9:55	5.2	10:18	5.1	4:23	-0.3	4:47	0.0	7:21	4:48	
17	Wed	10:51	5.3	11:15	4.9	5:15	-0.3	5:47	0.0	7:21	4:49	
18	Thu	11:46	5.3			6:07	-0.2	6:46	0.0	7:20	4:50	
19	Fri	12:11	4.8	12:39	5.4	6:58	-0.1	7:42	0.0	7:19	4:51	
20	Sat	1:06	4.8	1:30	5.4	7:49	-0.1	8:36	-0.1	7:19	4:53	
21	Sun	1:57	4.8	2:17	5.5	8:38	0.0	9:26	-0.1	7:18	4:54	
22	Mon	2:45	4.8	3:01	5.5	9:24	0.1	10:12	-0.2	7:17	4:55	
23	Tue	3:30	4.8	3:41	5.4	10:07	0.1	10:55	-0.1	7:17	4:56	
24	Wed	4:14	4.7	4:19	5.4	10:48	0.2	11:35	0.0	7:16	4:58	
25	Thu	4:55	4.6	4:55	5.3	11:28	0.3			7:15	4:59	
26	Fri	5:35	4.6	5:27	5.2	12:13	0.0	12:06	0.4	7:14	5:00	
27	Sat	6:12	4.5	5:53	5.2	12:49	0.1	12:44	0.4	7:13	5:01	
28	Sun	6:45	4.6	6:22	5.1	1:23	0.2	1:24	0.5	7:12	5:03	
29	Mon	7:06	4.7	7:01	5.0	1:56	0.2	2:08	0.6	7:11	5:04	
30	Tue	7:32	4.8	7:47	4.9	2:28	0.3	2:58	0.7	7:10	5:05	
31	Wed	8:13	5.0	8:42	4.7	3:03	0.3	3:59	0.8	7:09	5:07	