US HARBORS www.USHarbors.com

Albany, NY - Mar 2006

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:58	5.7	5:21	5.9			12:07	-0.2	6:30	5:44	
2	Thu	5:47	5.8	6:15	5.7	12:34	0.0	12:59	-0.1	6:28	5:45	
3	Fri	6:38	5.8	7:10	5.5	1:18	0.1	1:52	0.1	6:27	5:46	
4	Sat	7:31	5.8	8:08	5.3	2:04	0.3	2:47	0.3	6:25	5:48	
5	Sun	8:27	5.7	9:06	5.1	2:52	0.5	3:44	0.5	6:23	5:49	
6	Mon	9:24	5.5	10:06	5.0	3:43	0.7	4:43	0.6	6:22	5:50	
7	Tue	10:24	5.4	11:05	4.9	4:39	0.9	5:43	0.7	6:20	5:51	
8	Wed	11:25	5.3			5:37	1.1	6:41	0.7	6:18	5:52	
9	Thu	12:04	5.0	12:25	5.2	6:36	1.1	7:36	0.7	6:16	5:54	
10	Fri	1:00	5.1	1:20	5.3	7:32	1.0	8:27	0.6	6:15	5:55	
11	Sat	1:52	5.3	2:09	5.4	8:25	0.9	9:13	0.5	6:13	5:56	
12	Sun	2:39	5.4	2:53	5.5	9:13	0.8	9:55	0.4	6:11	5:57	
13	Mon	3:22	5.6	3:33	5.5	9:58	0.8	10:33	0.5	6:10	5:58	
14	Tue	4:01	5.6	4:10	5.5	10:41	0.7	11:09	0.6	6:08	5:59	
15	Wed	4:37	5.7	4:44	5.4	11:22	0.7	11:41	0.7	6:06	6:01	
16	Thu	5:08	5.7	5:15	5.2			12:02	0.8	6:04	6:02	
17	Fri	5:32	5.8	5:42	5.1	12:11	0.8	12:43	0.9	6:03	6:03	
18	Sat	5:49	5.9	6:11	5.0	12:38	0.9	1:25	1.0	6:01	6:04	
19	Sun	6:17	6.1	6:51	4.9	1:06	1.0	2:11	1.1	5:59	6:05	
20	Mon	6:57	6.1	7:42	4.8	1:40	1.1	3:03	1.2	5:57	6:06	
21	Tue	7:45	6.0	8:47	4.7	2:23	1.2	4:03	1.3	5:56	6:08	
22	Wed	8:40	5.9	10:09	4.6	3:22	1.3	5:08	1.4	5:54	6:09	
23	Thu	9:48	5.7	11:23	4.8	4:40	1.4	6:11	1.3	5:52	6:10	
24	Fri	11:17	5.6			6:01	1.4	7:11	1.1	5:50	6:11	
25	Sat	12:27	5.0	12:36	5.7	7:11	1.2	8:07	0.9	5:49	6:12	
26	Sun	1:24	5.3	1:38	5.9	8:14	0.8	8:59	0.6	5:47	6:13	
27	Mon	2:15	5.7	2:32	6.1	9:12	0.5	9:48	0.4	5:45	6:15	
28	Tue	3:02	6.0	3:22	6.2	10:06	0.3	10:34	0.3	5:43	6:16	
29	Wed	3:48	6.3	4:11	6.2	10:59	0.2	11:19	0.3	5:42	6:17	
30	Thu	4:32	6.4	5:01	6.0	11:50	0.2			5:40	6:18	
31	Fri	5:18	6.4	5:52	5.8	12:03	0.5	12:41	0.3	5:38	6:19	