US HARBORS www.USHarbors.com

Albany, NY - Jan 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:56	4.7	2:16	5.4	8:45	0.0	9:43	-0.2	7:25	4:31	
2	Tue	2:49	4.7	3:06	5.4	9:38	0.0	10:35	-0.2	7:25	4:32	
3	Wed	3:40	4.7	3:54	5.3	10:28	0.0	11:23	-0.2	7:25	4:33	
4	Thu	4:30	4.7	4:41	5.2	11:16	0.1			7:25	4:34	
5	Fri	5:19	4.6	5:28	5.1	12:10	-0.2	12:02	0.2	7:25	4:35	
6	Sat	6:10	4.5	6:16	4.9	12:54	-0.1	12:46	0.4	7:25	4:36	
7	Sun	7:00	4.5	7:04	4.8	1:37	0.1	1:30	0.5	7:24	4:37	
8	Mon	7:50	4.5	7:54	4.7	2:17	0.2	2:15	0.7	7:24	4:38	
9	Tue	8:38	4.6	8:44	4.5	2:57	0.3	3:03	0.8	7:24	4:39	
10	Wed	9:25	4.6	9:35	4.3	3:36	0.4	3:56	0.9	7:24	4:40	
11	Thu	10:12	4.7	10:30	4.2	4:15	0.5	4:53	0.9	7:23	4:41	
12	Fri	11:00	4.8	11:26	4.0	4:57	0.6	5:53	0.9	7:23	4:42	
13	Sat	11:49	4.9			5:44	0.6	6:53	0.8	7:23	4:44	
14	Sun	12:22	3.9	12:38	5.0	6:36	0.7	7:50	0.6	7:22	4:45	
15	Mon	1:16	3.9	1:24	5.1	7:30	0.6	8:44	0.4	7:22	4:46	
16	Tue	2:05	4.0	2:08	5.3	8:25	0.5	9:34	0.2	7:21	4:47	
17	Wed	2:49	4.1	2:48	5.4	9:17	0.3	10:22	0.1	7:21	4:48	
18	Thu	3:31	4.3	3:28	5.5	10:08	0.2	11:07	-0.1	7:20	4:49	
19	Fri	4:11	4.4	4:08	5.6	10:58	0.0	11:51	-0.1	7:20	4:51	
20	Sat	4:52	4.6	4:52	5.6	11:47	-0.1			7:19	4:52	
21	Sun	5:35	4.7	5:41	5.6	12:35	-0.2	12:36	-0.1	7:18	4:53	
22	Mon	6:23	4.9	6:36	5.5	1:18	-0.2	1:28	-0.1	7:18	4:54	
23	Tue	7:14	5.1	7:34	5.3	2:03	-0.2	2:22	0.0	7:17	4:56	
24	Wed	8:08	5.2	8:35	5.1	2:49	-0.2	3:21	0.1	7:16	4:57	
25	Thu	9:05	5.2	9:37	4.9	3:39	-0.1	4:23	0.2	7:15	4:58	
26	Fri	10:04	5.2	10:41	4.7	4:32	0.1	5:26	0.3	7:14	5:00	
27	Sat	11:06	5.2	11:44	4.6	5:30	0.2	6:30	0.2	7:14	5:01	
28	Sun			12:08	5.2	6:29	0.2	7:32	0.1	7:13	5:02	
29	Mon	12:45	4.6	1:08	5.2	7:29	0.2	8:30	0.0	7:12	5:03	
30	Tue	1:42	4.7	2:04	5.3	8:26	0.2	9:24	-0.1	7:11	5:05	
31	Wed	2:35	4.8	2:54	5.3	9:20	0.1	10:14	-0.2	7:10	5:06	