US HARBORS www.USHarbors.com

Albany, NY - Jul 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:08	5.8	6:07	4.3			12:57	0.0	5:20	8:36	
2	Mon	5:41	5.8	6:47	4.5	12:39	0.5	1:39	-0.1	5:21	8:36	
3	Tue	6:22	5.8	7:28	4.6	1:25	0.4	2:20	-0.1	5:21	8:36	
4	Wed	7:09	5.7	8:14	4.8	2:14	0.4	3:02	-0.1	5:22	8:36	
5	Thu	8:01	5.5	9:03	5.0	3:06	0.5	3:45	-0.1	5:23	8:35	
6	Fri	9:00	5.3	9:56	5.2	4:03	0.5	4:31	-0.1	5:23	8:35	
7	Sat	10:04	5.1	10:52	5.3	5:05	0.6	5:21	0.0	5:24	8:35	
8	Sun	11:13	4.8	11:51	5.4	6:11	0.5	6:15	0.0	5:25	8:34	
9	Mon			12:21	4.6	7:17	0.5	7:13	0.1	5:25	8:34	
10	Tue	12:52	5.5	1:27	4.5	8:21	0.3	8:13	0.1	5:26	8:34	
11	Wed	1:51	5.5	2:27	4.5	9:22	0.1	9:13	0.1	5:27	8:33	
12	Thu	2:47	5.6	3:24	4.5	10:19	-0.2	10:09	0.1	5:28	8:33	
13	Fri	3:39	5.6	4:17	4.6	11:12	-0.3	11:03	0.1	5:28	8:32	
14	Sat	4:29	5.5	5:08	4.6			12:02	-0.4	5:29	8:32	
15	Sun	5:17	5.4	5:58	4.6			12:49	-0.4	5:30	8:31	
16	Mon	6:05	5.3	6:49	4.6	12:42	0.2	1:34	-0.4	5:31	8:30	
17	Tue	6:53	5.1	7:40	4.6	1:29	0.3	2:17	-0.3	5:32	8:30	
18	Wed	7:41	4.9	8:30	4.6	2:15	0.4	2:58	-0.2	5:33	8:29	
19	Thu	8:31	4.7	9:19	4.7	3:02	0.6	3:38	0.0	5:33	8:28	
20	Fri	9:21	4.5	10:07	4.7	3:51	0.8	4:17	0.1	5:34	8:27	
21	Sat	10:14	4.2	10:55	4.8	4:44	0.9	4:55	0.3	5:35	8:26	
22	Sun	11:09	4.0	11:43	4.8	5:40	0.9	5:35	0.4	5:36	8:26	
23	Mon			12:07	3.7	6:40	0.9	6:21	0.5	5:37	8:25	
24	Tue	12:33	4.8	1:05	3.6	7:39	0.7	7:13	0.6	5:38	8:24	
25	Wed	1:24	4.9	2:02	3.6	8:36	0.5	8:09	0.6	5:39	8:23	
26	Thu	2:12	5.0	2:53	3.7	9:30	0.3	9:04	0.5	5:40	8:22	
27	Fri	2:57	5.1	3:40	3.8	10:19	0.0	9:57	0.4	5:41	8:21	
28	Sat	3:39	5.3	4:23	3.9	11:05	-0.2	10:48	0.2	5:42	8:20	
29	Sun	4:17	5.4	5:03	4.1	11:49	-0.4	11:37	0.1	5:43	8:19	
30	Mon	4:53	5.4	5:41	4.3			12:31	-0.5	5:44	8:18	
31	Tue	5:31	5.4	6:20	4.5	12:25	-0.1	1:12	-0.6	5:45	8:17	