

































Albany, NY - Aug 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:13	5.4	7:01	4.7	1:13	-0.1	1:53	-0.6	5:46	8:16	
2	Thu	7:00	5.3	7:46	4.9	2:02	-0.1	2:34	-0.6	5:47	8:14	
3	Fri	7:53	5.1	8:35	5.0	2:54	-0.1	3:16	-0.6	5:48	8:13	
4	Sat	8:51	4.9	9:28	5.1	3:51	0.0	4:01	-0.5	5:49	8:12	
5	Sun	9:54	4.6	10:25	5.1	4:52	0.1	4:52	-0.3	5:50	8:11	
6	Mon	11:00	4.4	11:27	5.1	5:56	0.2	5:49	-0.2	5:51	8:09	
7	Tue			12:07	4.2	7:01	0.1	6:51	0.0	5:52	8:08	
8	Wed	12:32	5.1	1:12	4.1	8:04	0.0	7:55	0.0	5:53	8:07	
9	Thu	1:36	5.1	2:14	4.2	9:04	-0.2	8:56	-0.1	5:55	8:05	
10	Fri	2:35	5.1	3:10	4.3	10:00	-0.4	9:54	-0.2	5:56	8:04	
11	Sat	3:29	5.2	4:02	4.5	10:52	-0.6	10:47	-0.2	5:57	8:03	
12	Sun	4:18	5.2	4:51	4.6	11:39	-0.7	11:36	-0.2	5:58	8:01	
13	Mon	5:03	5.1	5:38	4.6			12:23	-0.7	5:59	8:00	
14	Tue	5:47	5.0	6:23	4.6	12:23	-0.1	1:04	-0.6	6:00	7:59	
15	Wed	6:30	4.9	7:08	4.6	1:07	0.0	1:42	-0.5	6:01	7:57	
16	Thu	7:12	4.7	7:52	4.7	1:50	0.2	2:18	-0.3	6:02	7:56	
17	Fri	7:57	4.4	8:35	4.7	2:34	0.4	2:51	-0.1	6:03	7:54	
18	Sat	8:43	4.2	9:16	4.7	3:18	0.5	3:21	0.1	6:04	7:53	
19	Sun	9:32	3.9	9:58	4.7	4:07	0.6	3:49	0.2	6:05	7:51	
20	Mon	10:27	3.7	10:41	4.6	5:01	0.7	4:22	0.4	6:06	7:49	
21	Tue	11:26	3.5	11:32	4.6	6:01	0.8	5:10	0.5	6:07	7:48	
22	Wed			12:27	3.4	7:02	0.7	6:15	0.6	6:08	7:46	
23	Thu	12:30	4.6	1:27	3.4	8:01	0.5	7:27	0.6	6:10	7:45	
24	Fri	1:29	4.7	2:21	3.6	8:56	0.3	8:33	0.5	6:11	7:43	
25	Sat	2:22	4.9	3:09	3.8	9:47	0.0	9:33	0.3	6:12	7:42	
26	Sun	3:10	5.0	3:53	4.1	10:35	-0.2	10:27	0.1	6:13	7:40	
27	Mon	3:53	5.2	4:33	4.4	11:19	-0.4	11:19	-0.1	6:14	7:38	
28	Tue	4:34	5.3	5:11	4.6			12:01	-0.6	6:15	7:37	
29	Wed	5:15	5.3	5:50	4.9	12:09	-0.3	12:42	-0.7	6:16	7:35	
30	Thu	5:59	5.3	6:31	5.1	12:58	-0.3	1:23	-0.7	6:17	7:33	
31	Fri	6:47	5.1	7:16	5.2	1:49	-0.3	2:05	-0.6	6:18	7:32	