

































Albany, NY - Mar 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:10	5.1			5:06	1.3	6:33	1.1	6:29	5:44	
2	Sun	12:07	4.4	12:09	5.1	6:12	1.3	7:28	1.0	6:27	5:46	
3	Mon	1:00	4.5	1:04	5.2	7:15	1.2	8:19	0.8	6:26	5:47	
4	Tue	1:49	4.7	1:53	5.4	8:13	1.0	9:06	0.7	6:24	5:48	
5	Wed	2:32	5.0	2:36	5.5	9:07	0.7	9:50	0.5	6:22	5:49	
6	Thu	3:10	5.2	3:16	5.6	9:58	0.5	10:32	0.4	6:21	5:51	
7	Fri	3:45	5.5	3:54	5.7	10:47	0.4	11:13	0.4	6:19	5:52	
8	Sat	4:19	5.7	4:35	5.7	11:36	0.3	11:53	0.4	6:17	5:53	
9	Sun	5:53	5.9	6:19	5.6			1:25	0.3	7:16	6:54	
10	Mon	6:32	6.0	7:11	5.4	1:34	0.4	2:16	0.4	7:14	6:55	
11	Tue	7:17	6.1	8:09	5.3	2:16	0.5	3:10	0.5	7:12	6:57	
12	Wed	8:10	6.0	9:13	5.1	3:04	0.6	4:08	0.6	7:10	6:58	
13	Thu	9:12	5.8	10:20	5.0	3:58	0.8	5:09	0.7	7:09	6:59	
14	Fri	10:24	5.6	11:26	5.0	5:00	0.9	6:12	0.8	7:07	7:00	
15	Sat	11:40	5.5			6:07	1.0	7:13	0.7	7:05	7:01	
16	Sun	12:31	5.1	12:51	5.5	7:13	0.9	8:12	0.6	7:03	7:02	
17	Mon	1:32	5.3	1:55	5.6	8:15	0.7	9:08	0.4	7:02	7:04	
18	Tue	2:28	5.6	2:51	5.7	9:14	0.5	9:58	0.3	7:00	7:05	
19	Wed	3:20	5.8	3:40	5.8	10:08	0.4	10:45	0.2	6:58	7:06	
20	Thu	4:07	6.0	4:25	5.9	10:58	0.3	11:28	0.2	6:56	7:07	
21	Fri	4:50	6.2	5:08	5.8	11:45	0.3			6:55	7:08	
22	Sat	5:32	6.2	5:50	5.7	12:09	0.3	12:30	0.5	6:53	7:09	
23	Sun	6:11	6.1	6:32	5.5	12:46	0.5	1:12	0.6	6:51	7:11	
24	Mon	6:49	6.0	7:16	5.3	1:20	0.8	1:55	0.8	6:49	7:12	
25	Tue	7:24	6.0	8:02	5.1	1:52	1.0	2:37	1.0	6:48	7:13	
26	Wed	7:56	5.9	8:51	4.9	2:20	1.2	3:20	1.1	6:46	7:14	
27	Thu	8:21	5.8	9:42	4.8	2:47	1.4	4:07	1.3	6:44	7:15	
28	Fri	8:52	5.7	10:36	4.7	3:22	1.5	4:58	1.4	6:42	7:16	
29	Sat	9:38	5.6	11:32	4.7	4:12	1.6	5:54	1.5	6:41	7:17	
30	Sun	10:42	5.5			5:18	1.7	6:51	1.5	6:39	7:19	
31	Mon	12:29	4.8	12:11	5.4	6:33	1.7	7:46	1.4	6:37	7:20	