

































Albany, NY - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:03	4.5	6:48	5.1	1:53	0.2	1:53	0.5	7:25	4:32	
2	Fri	7:35	4.7	7:36	5.0	2:28	0.2	2:44	0.6	7:25	4:33	
3	Sat	8:16	4.8	8:31	4.7	3:05	0.2	3:45	0.7	7:25	4:34	
4	Sun	9:06	5.0	9:35	4.5	3:48	0.3	4:54	0.8	7:25	4:35	
5	Mon	10:04	5.0	10:55	4.3	4:42	0.4	6:04	0.8	7:25	4:36	
6	Tue	11:12	5.1			5:46	0.4	7:11	0.6	7:24	4:37	
7	Wed	12:10	4.2	12:22	5.2	6:54	0.4	8:13	0.4	7:24	4:38	
8	Thu	1:14	4.3	1:25	5.3	8:00	0.3	9:11	0.1	7:24	4:39	
9	Fri	2:12	4.4	2:22	5.5	9:00	0.1	10:06	-0.2	7:24	4:40	
10	Sat	3:06	4.6	3:16	5.6	9:58	-0.1	10:57	-0.3	7:24	4:41	
11	Sun	3:58	4.7	4:09	5.6	10:52	-0.2	11:47	-0.5	7:23	4:42	
12	Mon	4:50	4.8	5:04	5.5	11:44	-0.3			7:23	4:43	
13	Tue	5:44	4.9	5:59	5.4	12:35	-0.5	12:36	-0.3	7:23	4:44	
14	Wed	6:38	5.0	6:56	5.3	1:22	-0.5	1:28	-0.3	7:22	4:45	
15	Thu	7:33	5.1	7:52	5.2	2:09	-0.4	2:21	-0.1	7:22	4:46	
16	Fri	8:27	5.1	8:47	5.0	2:56	-0.3	3:15	0.0	7:21	4:48	
17	Sat	9:20	5.2	9:42	4.8	3:43	-0.2	4:11	0.2	7:21	4:49	
18	Sun	10:13	5.2	10:38	4.6	4:31	0.0	5:09	0.3	7:20	4:50	
19	Mon	11:06	5.1	11:34	4.5	5:20	0.2	6:07	0.4	7:19	4:51	
20	Tue	11:59	5.1			6:11	0.3	7:03	0.4	7:19	4:53	
21	Wed	12:30	4.5	12:51	5.2	7:02	0.4	7:57	0.3	7:18	4:54	
22	Thu	1:23	4.5	1:40	5.2	7:52	0.4	8:48	0.2	7:17	4:55	
23	Fri	2:12	4.5	2:25	5.3	8:40	0.4	9:35	0.1	7:17	4:56	
24	Sat	2:58	4.6	3:07	5.3	9:26	0.4	10:18	0.0	7:16	4:58	
25	Sun	3:41	4.6	3:45	5.3	10:09	0.3	10:58	0.0	7:15	4:59	
26	Mon	4:20	4.6	4:18	5.3	10:51	0.3	11:36	0.0	7:14	5:00	
27	Tue	4:56	4.6	4:48	5.2	11:33	0.3			7:13	5:02	
28	Wed	5:28	4.7	5:15	5.2	12:12	0.1	12:14	0.3	7:12	5:03	
29	Thu	5:54	4.8	5:48	5.1	12:46	0.1	12:57	0.3	7:11	5:04	
30	Fri	6:19	5.0	6:29	5.1	1:19	0.1	1:43	0.4	7:10	5:05	
31	Sat	6:55	5.2	7:17	4.9	1:52	0.2	2:34	0.5	7:09	5:07	