

































Albany, NY - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:23	5.9	7:07	5.0	1:23	0.5	2:24	0.7	6:29	5:44	
2	Mon	7:10	5.9	8:09	4.9	2:04	0.6	3:22	0.8	6:28	5:45	
3	Tue	8:04	5.8	9:21	4.8	2:55	0.7	4:24	0.9	6:26	5:47	
4	Wed	9:08	5.6	10:34	4.7	4:00	0.9	5:28	0.9	6:24	5:48	
5	Thu	10:32	5.4	11:42	4.8	5:14	0.9	6:31	0.8	6:23	5:49	
6	Fri	11:54	5.4			6:25	0.8	7:31	0.6	6:21	5:50	
7	Sat	12:44	5.1	1:02	5.6	7:30	0.6	8:27	0.3	6:19	5:51	
8	Sun	1:41	5.4	3:01	5.7	9:31	0.4	10:19	0.1	7:18	6:53	
9	Mon	3:33	5.7	3:53	5.9	10:27	0.1	11:07	0.0	7:16	6:54	
10	Tue	4:22	5.9	4:41	5.9	11:19	0.0	11:53	-0.1	7:14	6:55	
11	Wed	5:08	6.0	5:28	5.9			12:09	0.0	7:13	6:56	
12	Thu	5:53	6.1	6:15	5.7	12:36	0.0	12:57	0.1	7:11	6:57	
13	Fri	6:38	6.0	7:03	5.5	1:18	0.2	1:45	0.3	7:09	6:59	
14	Sat	7:24	5.9	7:54	5.3	1:59	0.5	2:32	0.5	7:07	7:00	
15	Sun	8:10	5.8	8:46	5.1	2:39	0.7	3:21	0.7	7:06	7:01	
16	Mon	8:57	5.7	9:41	5.0	3:19	1.0	4:11	1.0	7:04	7:02	
17	Tue	9:47	5.5	10:36	4.8	4:01	1.3	5:03	1.1	7:02	7:03	
18	Wed	10:40	5.4	11:33	4.8	4:48	1.5	5:58	1.2	7:00	7:04	
19	Thu	11:38	5.3			5:43	1.6	6:53	1.3	6:59	7:06	
20	Fri	12:30	4.8	12:36	5.2	6:43	1.6	7:47	1.2	6:57	7:07	
21	Sat	1:25	4.9	1:33	5.3	7:43	1.5	8:37	1.1	6:55	7:08	
22	Sun	2:16	5.1	2:24	5.4	8:39	1.4	9:24	1.0	6:53	7:09	
23	Mon	3:02	5.3	3:10	5.5	9:33	1.1	10:08	0.9	6:52	7:10	
24	Tue	3:42	5.6	3:51	5.5	10:23	0.9	10:48	0.8	6:50	7:11	
25	Wed	4:18	5.8	4:28	5.6	11:11	0.8	11:27	0.7	6:48	7:13	
26	Thu	4:48	6.0	5:04	5.5	11:58	0.7			6:46	7:14	
27	Fri	5:14	6.1	5:39	5.5	12:04	0.8	12:44	0.6	6:45	7:15	
28	Sat	5:40	6.3	6:19	5.4	12:42	0.8	1:32	0.7	6:43	7:16	
29	Sun	6:15	6.4	7:08	5.3	1:21	0.9	2:21	0.8	6:41	7:17	
30	Mon	6:58	6.4	8:05	5.2	2:03	0.9	3:14	0.9	6:39	7:18	
31	Tue	7:49	6.3	9:11	5.2	2:52	1.0	4:10	1.0	6:38	7:19	