US HARBORS www.USHarbors.com

Albany, NY - Jun 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon			12:05	5.5	6:36	0.8	7:06	0.3	5:19	8:26	
2	Tue	12:44	6.1	1:03	5.4	7:37	0.7	7:58	0.3	5:19	8:27	
3	Wed	1:37	6.2	1:58	5.4	8:35	0.5	8:47	0.3	5:18	8:27	
4	Thu	2:27	6.4	2:50	5.3	9:30	0.4	9:35	0.4	5:18	8:28	
5	Fri	3:14	6.4	3:39	5.3	10:22	0.3	10:21	0.5	5:17	8:29	
6	Sat	3:57	6.4	4:25	5.2	11:10	0.2	11:04	0.6	5:17	8:29	
7	Sun	4:37	6.3	5:10	5.1	11:55	0.2	11:44	0.8	5:17	8:30	
8	Mon	5:15	6.2	5:54	5.0			12:38	0.3	5:17	8:31	
9	Tue	5:50	6.0	6:38	4.8	12:23	1.0	1:19	0.4	5:16	8:31	
10	Wed	6:22	5.8	7:23	4.8	12:59	1.1	1:58	0.5	5:16	8:32	
11	Thu	6:49	5.7	8:07	4.7	1:35	1.2	2:35	0.6	5:16	8:32	
12	Fri	7:16	5.6	8:50	4.8	2:12	1.2	3:11	0.6	5:16	8:33	
13	Sat	7:53	5.5	9:32	4.8	2:54	1.3	3:47	0.7	5:16	8:33	
14	Sun	8:38	5.3	10:13	4.9	3:43	1.4	4:23	0.7	5:16	8:34	
15	Mon	9:29	5.1	10:56	5.1	4:44	1.4	5:03	0.7	5:16	8:34	
16	Tue	10:29	4.8	11:43	5.2	5:53	1.4	5:49	0.8	5:16	8:35	
17	Wed	11:49	4.5			7:03	1.4	6:44	0.8	5:16	8:35	
18	Thu	12:35	5.4	1:07	4.4	8:09	1.2	7:44	0.8	5:16	8:35	
19	Fri	1:28	5.6	2:11	4.4	9:11	0.9	8:46	0.8	5:16	8:36	
20	Sat	2:19	5.8	3:07	4.5	10:08	0.6	9:46	0.7	5:16	8:36	
21	Sun	3:08	6.0	3:59	4.6	11:03	0.3	10:43	0.6	5:17	8:36	
22	Mon	3:57	6.1	4:51	4.7	11:54	0.0	11:38	0.4	5:17	8:36	
23	Tue	4:46	6.1	5:43	4.8			12:44	-0.1	5:17	8:36	
24	Wed	5:39	6.0	6:38	4.8	12:32	0.3	1:33	-0.3	5:18	8:36	
25	Thu	6:36	5.9	7:35	5.0	1:26	0.3	2:22	-0.3	5:18	8:37	
26	Fri	7:38	5.7	8:33	5.1	2:20	0.2	3:11	-0.3	5:18	8:37	
27	Sat	8:40	5.5	9:30	5.3	3:16	0.2	4:00	-0.3	5:19	8:37	
28	Sun	9:41	5.3	10:26	5.4	4:14	0.3	4:50	-0.3	5:19	8:37	
29	Mon	10:40	5.1	11:21	5.5	5:13	0.3	5:41	-0.2	5:20	8:36	
30	Tue	11:38	4.9			6:13	0.4	6:32	-0.1	5:20	8:36	