

































Albany, NY - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:15	5.6	12:36	4.8	7:13	0.3	7:23	0.0	5:21	8:36	
2	Thu	1:09	5.7	1:33	4.7	8:12	0.2	8:14	0.1	5:21	8:36	
3	Fri	2:01	5.7	2:27	4.6	9:07	0.1	9:04	0.2	5:22	8:36	
4	Sat	2:49	5.8	3:17	4.6	9:59	0.0	9:52	0.3	5:22	8:36	
5	Sun	3:34	5.7	4:05	4.6	10:47	-0.1	10:37	0.3	5:23	8:35	
6	Mon	4:15	5.7	4:50	4.6	11:31	-0.2	11:19	0.4	5:24	8:35	
7	Tue	4:54	5.6	5:33	4.5			12:13	-0.2	5:24	8:35	
8	Wed	5:29	5.5	6:14	4.5			12:52	-0.1	5:25	8:34	
9	Thu	6:01	5.4	6:54	4.5	12:38	0.5	1:28	-0.1	5:26	8:34	
10	Fri	6:27	5.3	7:31	4.5	1:16	0.6	2:02	0.0	5:26	8:33	
11	Sat	6:52	5.2	8:04	4.6	1:55	0.6	2:34	0.0	5:27	8:33	
12	Sun	7:27	5.1	8:29	4.7	2:36	0.7	3:03	0.0	5:28	8:32	
13	Mon	8:10	4.9	8:59	4.9	3:23	0.8	3:33	0.0	5:29	8:32	
14	Tue	8:58	4.7	9:40	5.0	4:19	0.9	4:07	0.1	5:30	8:31	
15	Wed	9:54	4.4	10:30	5.1	5:26	0.9	4:51	0.2	5:30	8:31	
16	Thu	11:04	4.1	11:30	5.1	6:37	0.9	5:48	0.3	5:31	8:30	
17	Fri			12:33	3.9	7:45	0.8	7:03	0.4	5:32	8:29	
18	Sat	12:41	5.2	1:45	3.9	8:48	0.5	8:20	0.4	5:33	8:28	
19	Sun	1:51	5.3	2:47	4.0	9:47	0.2	9:27	0.3	5:34	8:28	
20	Mon	2:52	5.4	3:42	4.2	10:42	-0.2	10:28	0.1	5:35	8:27	
21	Tue	3:47	5.5	4:35	4.4	11:34	-0.4	11:24	-0.1	5:36	8:26	
22	Wed	4:40	5.6	5:26	4.6			12:23	-0.7	5:37	8:25	
23	Thu	5:33	5.6	6:19	4.7	12:18	-0.3	1:10	-0.8	5:38	8:24	
24	Fri	6:27	5.5	7:12	4.9	1:11	-0.3	1:57	-0.8	5:39	8:23	
25	Sat	7:22	5.3	8:07	5.0	2:03	-0.3	2:43	-0.8	5:40	8:22	
26	Sun	8:19	5.1	9:01	5.1	2:57	-0.2	3:29	-0.7	5:41	8:21	
27	Mon	9:16	4.9	9:55	5.2	3:52	-0.1	4:16	-0.6	5:42	8:20	
28	Tue	10:13	4.6	10:49	5.2	4:49	0.0	5:05	-0.4	5:43	8:19	
29	Wed	11:11	4.4	11:43	5.1	5:48	0.1	5:55	-0.2	5:44	8:18	
30	Thu			12:09	4.2	6:47	0.2	6:47	0.0	5:45	8:17	
31	Fri	12:38	5.1	1:07	4.1	7:45	0.1	7:40	0.1	5:46	8:16	