

































## Albany, NY - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:31	5.1	2:03	4.1	8:41	0.0	8:33	0.2	5:47	8:15	
2	Sun	2:23	5.1	2:55	4.2	9:33	-0.2	9:23	0.2	5:48	8:14	
3	Mon	3:10	5.2	3:43	4.3	10:20	-0.3	10:10	0.1	5:49	8:13	
4	Tue	3:53	5.2	4:27	4.3	11:04	-0.4	10:55	0.1	5:50	8:11	
5	Wed	4:32	5.2	5:08	4.4	11:44	-0.4	11:37	0.1	5:51	8:10	
6	Thu	5:08	5.2	5:47	4.4			12:21	-0.4	5:52	8:09	
7	Fri	5:40	5.1	6:21	4.5	12:18	0.1	12:56	-0.4	5:53	8:07	
8	Sat	6:07	5.0	6:50	4.6	12:58	0.1	1:28	-0.4	5:54	8:06	
9	Sun	6:32	4.9	7:11	4.7	1:39	0.2	1:58	-0.3	5:55	8:05	
10	Mon	7:05	4.8	7:36	4.9	2:22	0.3	2:26	-0.3	5:56	8:03	
11	Tue	7:47	4.6	8:14	5.1	3:09	0.4	2:55	-0.3	5:57	8:02	
12	Wed	8:36	4.4	9:00	5.1	4:04	0.5	3:32	-0.2	5:58	8:01	
13	Thu	9:33	4.1	9:52	5.1	5:07	0.6	4:18	0.0	5:59	7:59	
14	Fri	10:47	3.8	10:54	5.0	6:16	0.6	5:22	0.2	6:00	7:58	
15	Sat			12:15	3.7	7:23	0.5	6:47	0.3	6:01	7:56	
16	Sun	12:14	4.9	1:27	3.8	8:26	0.3	8:06	0.2	6:03	7:55	
17	Mon	1:35	5.0	2:29	4.0	9:25	0.0	9:13	0.0	6:04	7:53	
18	Tue	2:41	5.1	3:25	4.3	10:19	-0.4	10:13	-0.2	6:05	7:52	
19	Wed	3:38	5.3	4:17	4.6	11:10	-0.7	11:09	-0.4	6:06	7:50	
20	Thu	4:30	5.4	5:07	4.8	11:57	-0.9			6:07	7:49	
21	Fri	5:20	5.4	5:56	5.0	12:02	-0.6	12:43	-1.0	6:08	7:47	
22	Sat	6:10	5.3	6:45	5.1	12:54	-0.6	1:28	-0.9	6:09	7:46	
23	Sun	7:01	5.1	7:36	5.1	1:44	-0.5	2:11	-0.8	6:10	7:44	
24	Mon	7:54	4.8	8:28	5.1	2:36	-0.3	2:55	-0.6	6:11	7:42	
25	Tue	8:49	4.6	9:20	5.1	3:28	-0.1	3:40	-0.4	6:12	7:41	
26	Wed	9:45	4.4	10:13	5.0	4:23	0.1	4:26	-0.1	6:13	7:39	
27	Thu	10:43	4.2	11:07	4.9	5:19	0.2	5:16	0.1	6:14	7:37	
28	Fri	11:41	4.0			6:17	0.3	6:09	0.3	6:15	7:36	
29	Sat	12:03	4.8	12:39	4.0	7:14	0.3	7:04	0.4	6:17	7:34	
30	Sun	12:59	4.8	1:36	4.0	8:09	0.2	8:00	0.4	6:18	7:32	
31	Mon	1:53	4.8	2:29	4.2	9:00	0.0	8:53	0.3	6:19	7:31	