
































Albany, NY - Sep 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	2:42	4.9	3:17	4.3	9:47	-0.1	9:43	0.2	6:20	7:29	
2	Wed	3:27	5.0	4:01	4.5	10:30	-0.3	10:30	0.1	6:21	7:27	
3	Thu	4:07	5.1	4:40	4.6	11:10	-0.3	11:15	0.0	6:22	7:26	
4	Fri	4:43	5.0	5:15	4.7	11:46	-0.4	11:58	0.0	6:23	7:24	
5	Sat	5:16	5.0	5:45	4.8			12:21	-0.3	6:24	7:22	
6	Sun	5:45	4.9	6:07	5.0	12:41	0.0	12:53	-0.3	6:25	7:20	
7	Mon	6:13	4.7	6:28	5.2	1:25	0.1	1:24	-0.3	6:26	7:19	
8	Tue	6:48	4.6	7:01	5.3	2:10	0.2	1:55	-0.2	6:27	7:17	
9	Wed	7:32	4.5	7:43	5.4	2:59	0.3	2:30	-0.1	6:28	7:15	
10	Thu	8:24	4.3	8:32	5.4	3:53	0.4	3:13	0.0	6:29	7:13	
11	Fri	9:29	4.1	9:28	5.2	4:54	0.5	4:08	0.2	6:30	7:12	
12	Sat	10:48	4.0	10:38	5.0	5:58	0.5	5:22	0.3	6:31	7:10	
13	Sun			12:04	4.0	7:02	0.4	6:42	0.4	6:33	7:08	
14	Mon	12:08	4.9	1:12	4.2	8:03	0.2	7:54	0.2	6:34	7:06	
15	Tue	1:26	5.0	2:12	4.5	9:00	-0.1	8:59	0.0	6:35	7:04	
16	Wed	2:29	5.2	3:07	4.8	9:53	-0.4	9:58	-0.2	6:36	7:03	
17	Thu	3:24	5.3	3:57	5.1	10:43	-0.6	10:53	-0.4	6:37	7:01	
18	Fri	4:14	5.4	4:45	5.3	11:29	-0.7	11:45	-0.5	6:38	6:59	
19	Sat	5:02	5.4	5:31	5.5			12:14	-0.8	6:39	6:57	
20	Sun	5:49	5.2	6:17	5.5	12:35	-0.5	12:57	-0.6	6:40	6:56	
21	Mon	6:38	5.0	7:04	5.4	1:25	-0.3	1:39	-0.4	6:41	6:54	
22	Tue	7:29	4.8	7:52	5.3	2:14	-0.1	2:21	-0.2	6:42	6:52	
23	Wed	8:22	4.6	8:42	5.2	3:04	0.1	3:03	0.1	6:43	6:50	
24	Thu	9:18	4.4	9:33	5.0	3:55	0.3	3:47	0.4	6:44	6:48	
25	Fri	10:14	4.2	10:28	4.9	4:48	0.5	4:35	0.6	6:45	6:47	
26	Sat	11:11	4.1	11:24	4.8	5:43	0.6	5:28	0.8	6:47	6:45	
27	Sun			12:09	4.1	6:38	0.6	6:25	0.8	6:48	6:43	
28	Mon	12:21	4.8	1:05	4.2	7:31	0.5	7:24	0.8	6:49	6:41	
29	Tue	1:17	4.8	1:57	4.4	8:21	0.4	8:20	0.7	6:50	6:40	
30	Wed	2:09	4.9	2:46	4.6	9:08	0.2	9:13	0.5	6:51	6:38	