
































Albany, NY - Nov 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:44	4.8	2:59	5.5	9:29	0.3	10:18	0.3	6:29	4:47	
2	Mon	3:24	4.7	3:27	5.7	10:10	0.3	11:07	0.2	6:30	4:46	
3	Tue	4:02	4.7	3:56	5.8	10:52	0.3	11:55	0.2	6:31	4:45	
4	Wed	4:43	4.6	4:31	5.9	11:35	0.3			6:33	4:44	
5	Thu	5:30	4.6	5:16	5.8	12:44	0.2	12:22	0.3	6:34	4:42	
6	Fri	6:25	4.5	6:09	5.7	1:35	0.2	1:13	0.3	6:35	4:41	
7	Sat	7:27	4.5	7:12	5.5	2:27	0.3	2:09	0.4	6:36	4:40	
8	Sun	8:31	4.6	8:28	5.4	3:22	0.3	3:11	0.4	6:38	4:39	
9	Mon	9:34	4.7	9:43	5.3	4:18	0.2	4:16	0.4	6:39	4:38	
10	Tue	10:36	4.9	10:52	5.2	5:14	0.1	5:21	0.4	6:40	4:37	
11	Wed	11:35	5.1	11:54	5.2	6:09	0.0	6:24	0.2	6:41	4:36	
12	Thu			12:31	5.4	7:02	-0.1	7:25	0.1	6:43	4:35	
13	Fri	12:52	5.2	1:24	5.7	7:54	-0.3	8:23	-0.1	6:44	4:34	
14	Sat	1:45	5.3	2:13	5.9	8:43	-0.3	9:18	-0.2	6:45	4:33	
15	Sun	2:35	5.2	2:59	5.9	9:30	-0.3	10:09	-0.2	6:46	4:32	
16	Mon	3:22	5.2	3:42	5.9	10:15	-0.2	10:57	-0.2	6:48	4:31	
17	Tue	4:08	5.0	4:24	5.8	10:58	0.0	11:44	0.0	6:49	4:30	
18	Wed	4:54	4.9	5:05	5.6	11:38	0.2			6:50	4:29	
19	Thu	5:42	4.7	5:46	5.4	12:29	0.1	12:18	0.5	6:51	4:29	
20	Fri	6:30	4.5	6:28	5.3	1:12	0.3	12:56	0.6	6:53	4:28	
21	Sat	7:21	4.4	7:11	5.1	1:55	0.5	1:34	0.8	6:54	4:27	
22	Sun	8:11	4.4	7:58	5.0	2:38	0.6	2:15	0.9	6:55	4:26	
23	Mon	9:01	4.4	8:48	4.9	3:21	0.6	3:03	1.0	6:56	4:26	
24	Tue	9:51	4.4	9:43	4.8	4:05	0.7	4:00	1.1	6:57	4:25	
25	Wed	10:41	4.5	10:41	4.6	4:50	0.7	5:04	1.1	6:59	4:25	
26	Thu	11:30	4.6	11:39	4.5	5:36	0.7	6:08	1.0	7:00	4:24	
27	Fri			12:17	4.8	6:24	0.6	7:11	0.9	7:01	4:24	
28	Sat	12:34	4.4	1:02	5.1	7:13	0.6	8:10	0.7	7:02	4:23	
29	Sun	1:26	4.4	1:42	5.3	8:02	0.5	9:05	0.5	7:03	4:23	
30	Mon	2:13	4.4	2:19	5.5	8:51	0.4	9:58	0.3	7:04	4:22	