

































Albany, NY - Dec 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	2:59	4.5	2:55	5.6	9:40	0.4	10:49	0.1	7:05	4:22	
2	Wed	3:43	4.5	3:34	5.7	10:30	0.3	11:38	0.0	7:06	4:22	
3	Thu	4:30	4.5	4:18	5.7	11:21	0.2			7:07	4:22	
4	Fri	5:21	4.5	5:10	5.7	12:28	0.0	12:12	0.2	7:08	4:21	
5	Sat	6:17	4.6	6:10	5.6	1:18	0.0	1:06	0.1	7:09	4:21	
6	Sun	7:17	4.7	7:18	5.4	2:08	-0.1	2:02	0.1	7:10	4:21	
7	Mon	8:17	4.8	8:27	5.3	3:00	-0.1	3:01	0.1	7:11	4:21	
8	Tue	9:16	5.0	9:31	5.2	3:52	-0.1	4:02	0.2	7:12	4:21	
9	Wed	10:14	5.1	10:33	5.1	4:45	-0.2	5:04	0.2	7:13	4:21	
10	Thu	11:11	5.3	11:33	5.0	5:38	-0.2	6:06	0.1	7:14	4:21	
11	Fri			12:07	5.5	6:31	-0.2	7:06	0.0	7:15	4:21	
12	Sat	12:30	5.0	1:00	5.6	7:23	-0.3	8:04	-0.1	7:16	4:21	
13	Sun	1:24	4.9	1:50	5.7	8:13	-0.2	8:58	-0.2	7:16	4:21	
14	Mon	2:15	4.9	2:37	5.7	9:02	-0.2	9:49	-0.2	7:17	4:22	
15	Tue	3:03	4.9	3:20	5.7	9:48	-0.1	10:36	-0.2	7:18	4:22	
16	Wed	3:49	4.8	4:02	5.6	10:31	0.1	11:21	-0.1	7:18	4:22	
17	Thu	4:34	4.7	4:42	5.4	11:13	0.2			7:19	4:22	
18	Fri	5:19	4.6	5:20	5.3	12:04	0.0	11:52 AM	0.4	7:20	4:23	
19	Sat	6:04	4.5	5:58	5.2	12:44	0.1	12:30	0.5	7:20	4:23	
20	Sun	6:49	4.4	6:35	5.1	1:22	0.2	1:07	0.6	7:21	4:24	
21	Mon	7:33	4.4	7:10	5.0	1:59	0.3	1:46	0.7	7:21	4:24	
22	Tue	8:15	4.4	7:48	4.9	2:34	0.4	2:30	0.8	7:22	4:25	
23	Wed	8:56	4.5	8:33	4.7	3:09	0.4	3:22	0.8	7:22	4:25	
24	Thu	9:35	4.6	9:29	4.5	3:45	0.4	4:25	0.9	7:23	4:26	
25	Fri	10:16	4.7	10:39	4.3	4:26	0.5	5:33	0.9	7:23	4:26	
26	Sat	11:05	4.8	11:48	4.1	5:16	0.5	6:40	0.9	7:23	4:27	
27	Sun	11:59	5.0			6:15	0.5	7:43	0.7	7:24	4:28	
28	Mon	12:50	4.1	12:53	5.1	7:18	0.5	8:42	0.5	7:24	4:28	
29	Tue	1:45	4.2	1:44	5.3	8:19	0.4	9:37	0.2	7:24	4:29	
30	Wed	2:36	4.3	2:33	5.4	9:18	0.3	10:29	0.0	7:24	4:30	
31	Thu	3:25	4.4	3:22	5.5	10:14	0.1	11:18	-0.3	7:25	4:31	