






























Albany, NY - Feb 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:36	5.3	5:54	5.6	12:28	-0.5	12:37	-0.4	7:08	5:08	
2	Tue	6:29	5.4	6:50	5.4	1:14	-0.5	1:30	-0.3	7:07	5:09	
3	Wed	7:24	5.4	7:48	5.2	2:01	-0.4	2:24	-0.2	7:06	5:10	
4	Thu	8:19	5.4	8:46	5.1	2:49	-0.2	3:20	0.0	7:05	5:12	
5	Fri	9:14	5.4	9:44	4.9	3:39	0.0	4:19	0.2	7:04	5:13	
6	Sat	10:10	5.3	10:43	4.8	4:31	0.1	5:18	0.3	7:03	5:14	
7	Sun	11:08	5.2	11:41	4.7	5:26	0.3	6:17	0.3	7:02	5:16	
8	Mon			12:05	5.2	6:21	0.4	7:15	0.3	7:00	5:17	
9	Tue	12:39	4.7	1:00	5.2	7:16	0.4	8:09	0.2	6:59	5:18	
10	Wed	1:32	4.8	1:51	5.3	8:09	0.4	8:58	0.1	6:58	5:20	
11	Thu	2:22	4.9	2:37	5.3	8:58	0.4	9:44	0.1	6:57	5:21	
12	Fri	3:08	5.0	3:19	5.4	9:44	0.3	10:25	0.1	6:55	5:22	
13	Sat	3:50	5.0	3:59	5.3	10:28	0.3	11:03	0.1	6:54	5:24	
14	Sun	4:29	5.1	4:35	5.3	11:09	0.4	11:39	0.2	6:52	5:25	
15	Mon	5:05	5.1	5:09	5.2	11:50	0.4			6:51	5:26	
16	Tue	5:37	5.1	5:39	5.1	12:12	0.3	12:30	0.5	6:50	5:27	
17	Wed	5:58	5.2	6:07	5.0	12:42	0.3	1:11	0.6	6:48	5:29	
18	Thu	6:14	5.4	6:41	4.9	1:09	0.4	1:55	0.7	6:47	5:30	
19	Fri	6:47	5.5	7:25	4.8	1:38	0.4	2:44	0.8	6:45	5:31	
20	Sat	7:30	5.6	8:20	4.6	2:14	0.5	3:41	0.9	6:44	5:33	
21	Sun	8:20	5.6	9:31	4.5	2:59	0.6	4:45	1.0	6:42	5:34	
22	Mon	9:17	5.5	10:51	4.4	3:59	0.8	5:50	1.0	6:41	5:35	
23	Tue	10:28	5.3			5:18	0.9	6:53	0.9	6:39	5:36	
24	Wed	12:00	4.5	11:57 AM	5.3	6:36	0.8	7:52	0.6	6:38	5:38	
25	Thu	1:01	4.8	1:09	5.5	7:45	0.6	8:47	0.3	6:36	5:39	
26	Fri	1:56	5.1	2:09	5.7	8:46	0.3	9:39	0.1	6:35	5:40	
27	Sat	2:47	5.4	3:02	5.8	9:43	0.0	10:27	-0.1	6:33	5:41	
28	Sun	3:35	5.7	3:52	5.9	10:36	-0.1	11:14	-0.2	6:31	5:43	