

































Albany, NY - Mar 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:23	5.8	4:42	5.9	11:28	-0.2	11:59	-0.2	6:30	5:44	
2	Tue	5:11	5.9	5:34	5.7			12:20	-0.2	6:28	5:45	
3	Wed	6:00	5.9	6:28	5.5	12:45	0.0	1:11	0.0	6:26	5:46	
4	Thu	6:52	5.9	7:24	5.4	1:30	0.1	2:04	0.2	6:25	5:48	
5	Fri	7:45	5.8	8:22	5.2	2:17	0.4	2:58	0.4	6:23	5:49	
6	Sat	8:41	5.6	9:20	5.0	3:06	0.6	3:54	0.6	6:21	5:50	
7	Sun	9:38	5.5	10:19	5.0	3:58	0.8	4:52	0.7	6:20	5:51	
8	Mon	10:36	5.3	11:17	4.9	4:53	1.0	5:49	0.8	6:18	5:52	
9	Tue	11:35	5.3			5:50	1.1	6:45	0.8	6:16	5:54	
10	Wed	12:14	5.0	12:32	5.3	6:47	1.1	7:37	0.7	6:15	5:55	
11	Thu	1:08	5.2	1:24	5.4	7:41	1.0	8:26	0.6	6:13	5:56	
12	Fri	1:58	5.3	2:12	5.5	8:32	0.9	9:10	0.5	6:11	5:57	
13	Sat	2:43	5.5	2:55	5.6	9:19	0.7	9:50	0.5	6:10	5:58	
14	Sun	4:23	5.6	4:34	5.5	11:04	0.7	11:28	0.5	7:08	7:00	
15	Mon	5:00	5.7	5:11	5.5	11:48	0.6			7:06	7:01	
16	Tue	5:31	5.8	5:45	5.4	12:03	0.6	12:30	0.6	7:04	7:02	
17	Wed	5:56	5.8	6:17	5.3	12:35	0.7	1:12	0.7	7:03	7:03	
18	Thu	6:10	6.0	6:47	5.2	1:06	0.7	1:56	0.7	7:01	7:04	
19	Fri	6:36	6.1	7:25	5.1	1:37	0.8	2:41	0.9	6:59	7:05	
20	Sat	7:15	6.2	8:12	5.0	2:11	0.9	3:30	1.0	6:57	7:07	
21	Sun	8:01	6.2	9:13	5.0	2:53	1.0	4:25	1.1	6:56	7:08	
22	Mon	8:54	6.1	10:24	4.9	3:45	1.1	5:25	1.2	6:54	7:09	
23	Tue	9:55	5.9	11:35	5.0	4:52	1.2	6:27	1.2	6:52	7:10	
24	Wed	11:14	5.7			6:10	1.2	7:27	1.0	6:50	7:11	
25	Thu	12:40	5.2	12:44	5.7	7:23	1.1	8:25	0.8	6:49	7:12	
26	Fri	1:41	5.5	1:53	5.8	8:29	0.9	9:19	0.6	6:47	7:13	
27	Sat	2:35	5.8	2:52	6.0	9:30	0.6	10:10	0.4	6:45	7:15	
28	Sun	3:26	6.1	3:45	6.1	10:26	0.3	10:58	0.3	6:43	7:16	
29	Mon	4:13	6.4	4:34	6.1	11:20	0.2	11:45	0.2	6:42	7:17	
30	Tue	4:59	6.5	5:23	6.0			12:11	0.1	6:40	7:18	
31	Wed	5:44	6.6	6:13	5.9	12:30	0.3	1:02	0.2	6:38	7:19	