

































Albany, NY - Jul 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:02	5.1	9:06	4.7	2:42	1.0	3:19	0.3	5:20	8:36	
2	Fri	8:41	4.9	9:49	4.7	3:26	1.1	3:51	0.4	5:21	8:36	
3	Sat	9:25	4.6	10:31	4.8	4:17	1.1	4:23	0.4	5:22	8:36	
4	Sun	10:21	4.3	11:15	4.9	5:17	1.2	5:00	0.5	5:22	8:36	
5	Mon	11:29	4.1			6:21	1.2	5:46	0.6	5:23	8:35	
6	Tue	12:02	5.0	12:36	3.9	7:25	1.0	6:44	0.6	5:23	8:35	
7	Wed	12:52	5.1	1:37	3.9	8:26	0.8	7:49	0.6	5:24	8:35	
8	Thu	1:44	5.2	2:33	4.0	9:24	0.5	8:53	0.6	5:25	8:34	
9	Fri	2:33	5.4	3:24	4.1	10:17	0.2	9:53	0.4	5:26	8:34	
10	Sat	3:19	5.5	4:11	4.3	11:08	-0.1	10:49	0.3	5:26	8:34	
11	Sun	4:04	5.7	4:58	4.4	11:56	-0.3	11:42	0.1	5:27	8:33	
12	Mon	4:50	5.7	5:45	4.6			12:43	-0.5	5:28	8:33	
13	Tue	5:39	5.7	6:35	4.8	12:35	-0.1	1:29	-0.6	5:29	8:32	
14	Wed	6:32	5.6	7:28	4.9	1:27	-0.1	2:15	-0.7	5:29	8:31	
15	Thu	7:29	5.5	8:22	5.1	2:20	-0.2	3:02	-0.7	5:30	8:31	
16	Fri	8:30	5.3	9:18	5.2	3:15	-0.1	3:50	-0.6	5:31	8:30	
17	Sat	9:31	5.1	10:14	5.3	4:13	0.0	4:40	-0.5	5:32	8:29	
18	Sun	10:32	4.8	11:10	5.4	5:13	0.0	5:32	-0.4	5:33	8:29	
19	Mon	11:33	4.6			6:15	0.1	6:26	-0.3	5:34	8:28	
20	Tue	12:07	5.4	12:34	4.5	7:17	0.0	7:22	-0.2	5:35	8:27	
21	Wed	1:04	5.4	1:33	4.4	8:17	-0.1	8:17	-0.1	5:36	8:26	
22	Thu	2:00	5.4	2:30	4.4	9:13	-0.2	9:11	-0.1	5:37	8:25	
23	Fri	2:51	5.4	3:22	4.5	10:06	-0.4	10:02	-0.1	5:37	8:25	
24	Sat	3:39	5.4	4:10	4.6	10:54	-0.5	10:50	0.0	5:38	8:24	
25	Sun	4:23	5.4	4:56	4.6	11:39	-0.5	11:35	0.0	5:39	8:23	
26	Mon	5:03	5.3	5:40	4.5			12:20	-0.5	5:40	8:22	
27	Tue	5:42	5.2	6:22	4.5	12:17	0.1	12:58	-0.4	5:41	8:21	
28	Wed	6:19	5.0	7:03	4.5	12:57	0.3	1:33	-0.3	5:42	8:20	
29	Thu	6:54	4.9	7:41	4.5	1:37	0.4	2:05	-0.2	5:43	8:19	
30	Fri	7:26	4.7	8:14	4.6	2:17	0.5	2:33	-0.1	5:44	8:17	
31	Sat	7:54	4.5	8:38	4.7	2:59	0.6	2:57	-0.1	5:45	8:16	