

































## Albany, NY - Aug 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:30	4.3	8:59	4.8	3:46	0.7	3:24	0.0	5:46	8:15	
2	Mon	9:16	4.1	9:37	4.9	4:43	0.8	4:00	0.1	5:47	8:14	
3	Tue	10:18	3.8	10:27	4.9	5:47	0.8	4:48	0.2	5:48	8:13	
4	Wed	11:47	3.6	11:29	4.8	6:53	0.8	5:50	0.3	5:50	8:12	
5	Thu			1:00	3.6	7:56	0.6	7:12	0.4	5:51	8:10	
6	Fri	12:50	4.9	2:03	3.7	8:56	0.3	8:28	0.3	5:52	8:09	
7	Sat	2:00	5.0	2:58	3.9	9:51	0.0	9:33	0.1	5:53	8:08	
8	Sun	2:58	5.2	3:48	4.2	10:42	-0.3	10:32	-0.1	5:54	8:06	
9	Mon	3:50	5.4	4:36	4.5	11:31	-0.6	11:27	-0.3	5:55	8:05	
10	Tue	4:39	5.5	5:23	4.7			12:17	-0.8	5:56	8:04	
11	Wed	5:29	5.5	6:12	4.9	12:20	-0.5	1:03	-0.9	5:57	8:02	
12	Thu	6:21	5.4	7:02	5.1	1:12	-0.6	1:48	-1.0	5:58	8:01	
13	Fri	7:15	5.2	7:55	5.2	2:04	-0.5	2:34	-0.9	5:59	8:00	
14	Sat	8:13	5.0	8:50	5.2	2:58	-0.4	3:21	-0.8	6:00	7:58	
15	Sun	9:12	4.7	9:46	5.2	3:55	-0.3	4:10	-0.6	6:01	7:57	
16	Mon	10:12	4.5	10:43	5.2	4:53	-0.2	5:02	-0.4	6:02	7:55	
17	Tue	11:12	4.3	11:41	5.1	5:54	-0.1	5:57	-0.2	6:03	7:54	
18	Wed			12:13	4.2	6:54	0.0	6:54	-0.1	6:04	7:52	
19	Thu	12:40	5.0	1:13	4.2	7:53	-0.1	7:51	0.0	6:06	7:51	
20	Fri	1:37	5.0	2:09	4.3	8:49	-0.2	8:47	0.0	6:07	7:49	
21	Sat	2:30	5.1	3:02	4.4	9:40	-0.4	9:39	-0.1	6:08	7:48	
22	Sun	3:18	5.1	3:50	4.6	10:27	-0.5	10:27	-0.1	6:09	7:46	
23	Mon	4:02	5.1	4:34	4.6	11:09	-0.5	11:12	-0.1	6:10	7:44	
24	Tue	4:42	5.1	5:15	4.7	11:48	-0.5	11:54	0.0	6:11	7:43	
25	Wed	5:20	5.0	5:53	4.7			12:24	-0.4	6:12	7:41	
26	Thu	5:56	4.9	6:27	4.7	12:35	0.0	12:57	-0.3	6:13	7:39	
27	Fri	6:29	4.7	6:56	4.8	1:16	0.1	1:26	-0.3	6:14	7:38	
28	Sat	6:57	4.5	7:11	4.9	1:56	0.2	1:51	-0.2	6:15	7:36	
29	Sun	7:24	4.4	7:32	5.0	2:38	0.3	2:16	-0.1	6:16	7:34	
30	Mon	8:00	4.2	8:09	5.1	3:25	0.5	2:46	-0.1	6:17	7:33	
31	Tue	8:47	4.0	8:55	5.1	4:18	0.6	3:26	0.0	6:18	7:31	