

































## Albany, NY - Jan 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:01	4.4	9:04	4.7	3:18	0.4	3:23	0.9	7:25	4:31	
2	Thu	9:50	4.4	9:57	4.5	4:00	0.4	4:18	0.9	7:25	4:32	
3	Fri	10:39	4.5	10:52	4.4	4:43	0.5	5:17	0.9	7:25	4:33	
4	Sat	11:29	4.6	11:48	4.3	5:28	0.5	6:17	0.9	7:25	4:34	
5	Sun			12:17	4.8	6:16	0.5	7:16	0.7	7:25	4:35	
6	Mon	12:42	4.2	1:03	4.9	7:06	0.5	8:12	0.5	7:24	4:36	
7	Tue	1:33	4.2	1:45	5.1	7:57	0.4	9:05	0.3	7:24	4:37	
8	Wed	2:20	4.3	2:24	5.3	8:47	0.3	9:56	0.1	7:24	4:38	
9	Thu	3:05	4.3	3:00	5.4	9:37	0.2	10:44	-0.1	7:24	4:39	
10	Fri	3:47	4.4	3:36	5.6	10:27	0.1	11:31	-0.2	7:24	4:40	
11	Sat	4:30	4.5	4:17	5.6	11:16	0.0			7:23	4:41	
12	Sun	5:15	4.6	5:04	5.6	12:17	-0.3	12:05	-0.1	7:23	4:42	
13	Mon	6:04	4.7	5:58	5.6	1:04	-0.3	12:56	-0.1	7:23	4:43	
14	Tue	6:57	4.8	6:59	5.5	1:51	-0.3	1:50	-0.1	7:22	4:45	
15	Wed	7:53	4.9	8:03	5.4	2:39	-0.3	2:46	-0.1	7:22	4:46	
16	Thu	8:49	5.1	9:07	5.2	3:29	-0.3	3:46	0.0	7:21	4:47	
17	Fri	9:47	5.2	10:10	5.1	4:21	-0.2	4:48	0.0	7:21	4:48	
18	Sat	10:45	5.3	11:12	4.9	5:15	-0.2	5:51	0.1	7:20	4:49	
19	Sun	11:43	5.3			6:10	-0.2	6:53	0.0	7:20	4:50	
20	Mon	12:12	4.9	12:40	5.4	7:06	-0.2	7:53	-0.1	7:19	4:52	
21	Tue	1:10	4.8	1:34	5.5	8:00	-0.2	8:49	-0.2	7:18	4:53	
22	Wed	2:04	4.9	2:25	5.5	8:53	-0.2	9:42	-0.3	7:18	4:54	
23	Thu	2:54	4.9	3:12	5.5	9:43	-0.1	10:31	-0.3	7:17	4:55	
24	Fri	3:43	4.9	3:57	5.5	10:31	-0.1	11:17	-0.2	7:16	4:57	
25	Sat	4:29	4.8	4:40	5.3	11:15	0.1			7:15	4:58	
26	Sun	5:15	4.7	5:23	5.2	12:00	-0.1	11:58 AM	0.2	7:15	4:59	
27	Mon	6:01	4.6	6:06	5.1	12:40	0.0	12:40	0.4	7:14	5:01	
28	Tue	6:46	4.6	6:50	5.0	1:19	0.2	1:21	0.5	7:13	5:02	
29	Wed	7:31	4.6	7:34	4.8	1:55	0.3	2:02	0.7	7:12	5:03	
30	Thu	8:14	4.6	8:20	4.7	2:29	0.4	2:48	0.8	7:11	5:05	
31	Fri	8:55	4.6	9:10	4.5	3:01	0.5	3:39	0.9	7:10	5:06	