


































Albany, NY - Mar 2025

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 4:51 | 5.6 | 5:11 | 5.8 | | | 12:07 | 0.1 | 6:29 | 5:44 |  |
| 2 | Sun | 5:34 | 5.8 | 6:03 | 5.6 | 12:30 | 0.1 | 12:59 | 0.1 | 6:27 | 5:46 |  |
| 3 | Mon | 6:21 | 5.9 | 7:00 | 5.4 | 1:14 | 0.2 | 1:52 | 0.2 | 6:26 | 5:47 |  |
| 4 | Tue | 7:14 | 5.8 | 8:01 | 5.2 | 2:00 | 0.3 | 2:49 | 0.4 | 6:24 | 5:48 |  |
| 5 | Wed | 8:12 | 5.8 | 9:04 | 5.1 | 2:50 | 0.5 | 3:49 | 0.5 | 6:23 | 5:49 |  |
| 6 | Thu | 9:16 | 5.6 | 10:08 | 5.0 | 3:46 | 0.7 | 4:52 | 0.6 | 6:21 | 5:50 |  |
| 7 | Fri | 10:24 | 5.4 | 11:12 | 5.0 | 4:48 | 0.8 | 5:54 | 0.7 | 6:19 | 5:52 |  |
| 8 | Sat | 11:32 | 5.4 | | | 5:52 | 0.9 | 6:55 | 0.6 | 6:17 | 5:53 |  |
| 9 | Sun | 12:14 | 5.1 | 1:37 | 5.4 | 7:54 | 0.8 | 8:52 | 0.5 | 7:16 | 6:54 |  |
| 10 | Mon | 2:12 | 5.3 | 2:35 | 5.5 | 8:54 | 0.7 | 9:45 | 0.3 | 7:14 | 6:55 |  |
| 11 | Tue | 3:05 | 5.5 | 3:26 | 5.6 | 9:48 | 0.5 | 10:32 | 0.2 | 7:12 | 6:56 |  |
| 12 | Wed | 3:53 | 5.7 | 4:11 | 5.7 | 10:38 | 0.5 | 11:16 | 0.2 | 7:11 | 6:58 |  |
| 13 | Thu | 4:38 | 5.8 | 4:53 | 5.6 | 11:25 | 0.5 | 11:56 | 0.3 | 7:09 | 6:59 |  |
| 14 | Fri | 5:19 | 5.8 | 5:33 | 5.6 | | | 12:08 | 0.5 | 7:07 | 7:00 |  |
| 15 | Sat | 5:59 | 5.8 | 6:13 | 5.4 | 12:33 | 0.4 | 12:50 | 0.6 | 7:05 | 7:01 |  |
| 16 | Sun | 6:35 | 5.8 | 6:52 | 5.2 | 1:07 | 0.6 | 1:30 | 0.8 | 7:04 | 7:02 |  |
| 17 | Mon | 7:09 | 5.8 | 7:33 | 5.0 | 1:37 | 0.8 | 2:11 | 0.9 | 7:02 | 7:03 |  |
| 18 | Tue | 7:37 | 5.8 | 8:15 | 4.9 | 2:03 | 1.0 | 2:52 | 1.0 | 7:00 | 7:05 |  |
| 19 | Wed | 7:55 | 5.8 | 9:00 | 4.7 | 2:27 | 1.1 | 3:36 | 1.2 | 6:58 | 7:06 |  |
| 20 | Thu | 8:24 | 5.8 | 9:51 | 4.6 | 2:57 | 1.2 | 4:26 | 1.3 | 6:57 | 7:07 |  |
| 21 | Fri | 9:06 | 5.7 | 10:50 | 4.5 | 3:38 | 1.4 | 5:23 | 1.4 | 6:55 | 7:08 |  |
| 22 | Sat | 9:58 | 5.6 | 11:51 | 4.5 | 4:34 | 1.5 | 6:24 | 1.4 | 6:53 | 7:09 |  |
| 23 | Sun | 11:04 | 5.5 | | | 5:48 | 1.6 | 7:24 | 1.4 | 6:51 | 7:10 |  |
| 24 | Mon | 12:51 | 4.7 | 12:34 | 5.5 | 7:07 | 1.5 | 8:21 | 1.2 | 6:50 | 7:12 |  |
| 25 | Tue | 1:46 | 4.9 | 1:45 | 5.6 | 8:17 | 1.3 | 9:13 | 1.0 | 6:48 | 7:13 |  |
| 26 | Wed | 2:36 | 5.2 | 2:42 | 5.8 | 9:19 | 1.1 | 10:02 | 0.8 | 6:46 | 7:14 |  |
| 27 | Thu | 3:20 | 5.6 | 3:32 | 5.9 | 10:15 | 0.8 | 10:49 | 0.6 | 6:44 | 7:15 |  |
| 28 | Fri | 4:02 | 5.9 | 4:18 | 6.0 | 11:09 | 0.5 | 11:33 | 0.6 | 6:43 | 7:16 |  |
| 29 | Sat | 4:42 | 6.2 | 5:05 | 6.0 | | | 12:01 | 0.4 | 6:41 | 7:17 |  |
| 30 | Sun | 5:23 | 6.4 | 5:54 | 5.9 | 12:17 | 0.5 | 12:52 | 0.3 | 6:39 | 7:18 |  |
| 31 | Mon | 6:06 | 6.5 | 6:47 | 5.7 | 1:01 | 0.6 | 1:45 | 0.4 | 6:37 | 7:20 |  |