US HARBORS www.USHarbors.com

Albany, NY - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:15	4.6	1:37	5.5	8:12	0.0	9:06	-0.1	7:25	4:32	
2	Wed	2:12	4.7	2:31	5.6	9:09	-0.2	10:00	-0.3	7:25	4:33	
3	Thu	3:06	4.8	3:23	5.6	10:03	-0.3	10:52	-0.4	7:25	4:34	
4	Fri	3:57	4.8	4:13	5.6	10:54	-0.3	11:41	-0.5	7:25	4:34	
5	Sat	4:49	4.9	5:04	5.5	11:45	-0.3			7:25	4:35	
6	Sun	5:41	4.8	5:56	5.4	12:28	-0.4	12:34	-0.2	7:24	4:36	
7	Mon	6:34	4.8	6:49	5.2	1:14	-0.3	1:23	0.0	7:24	4:37	
8	Tue	7:27	4.8	7:42	5.1	1:59	-0.2	2:12	0.1	7:24	4:39	
9	Wed	8:19	4.8	8:35	4.9	2:43	-0.1	3:03	0.3	7:24	4:40	
10	Thu	9:10	4.9	9:28	4.7	3:27	0.1	3:56	0.5	7:24	4:41	
11	Fri	10:00	4.9	10:21	4.6	4:11	0.2	4:50	0.6	7:23	4:42	
12	Sat	10:51	4.9	11:16	4.5	4:56	0.4	5:46	0.6	7:23	4:43	
13	Sun	11:42	4.9			5:43	0.5	6:42	0.5	7:22	4:44	
14	Mon	12:11	4.4	12:33	5.0	6:32	0.5	7:36	0.4	7:22	4:45	
15	Tue	1:04	4.4	1:21	5.1	7:23	0.5	8:28	0.2	7:22	4:46	
16	Wed	1:53	4.4	2:05	5.1	8:12	0.4	9:17	0.1	7:21	4:48	
17	Thu	2:39	4.5	2:45	5.2	9:01	0.3	10:02	0.0	7:21	4:49	
18	Fri	3:21	4.6	3:21	5.3	9:48	0.2	10:46	-0.1	7:20	4:50	
19	Sat	4:01	4.6	3:52	5.3	10:34	0.1	11:27	-0.1	7:19	4:51	
20	Sun	4:38	4.7	4:21	5.4	11:19	0.0			7:19	4:52	
21	Mon	5:13	4.8	4:56	5.4	12:08	-0.1	12:04	0.0	7:18	4:54	
22	Tue	5:48	5.0	5:38	5.4	12:49	-0.1	12:52	0.0	7:17	4:55	
23	Wed	6:28	5.1	6:28	5.3	1:30	-0.1	1:41	0.1	7:17	4:56	
24	Thu	7:13	5.2	7:24	5.1	2:12	-0.1	2:35	0.2	7:16	4:57	
25	Fri	8:06	5.3	8:29	4.9	2:59	0.0	3:35	0.3	7:15	4:59	
26	Sat	9:05	5.3	9:41	4.7	3:50	0.1	4:39	0.4	7:14	5:00	
27	Sun	10:10	5.3	10:52	4.6	4:49	0.2	5:44	0.4	7:13	5:01	
28	Mon	11:17	5.3	11:59	4.6	5:51	0.2	6:48	0.3	7:12	5:03	
29	Tue			12:23	5.3	6:53	0.1	7:49	0.1	7:11	5:04	
30	Wed	1:01	4.7	1:23	5.4	7:54	0.0	8:47	-0.1	7:10	5:05	
31	Thu	1:58	4.9	2:19	5.5	8:51	-0.1	9:40	-0.3	7:09	5:07	