

































## Albany, NY - Aug 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:53	5.2	6:38	4.5	12:37	0.0	1:16	-0.5	5:47	8:15	
2	Sat	6:16	5.2	7:08	4.6	1:18	0.1	1:51	-0.4	5:48	8:13	
3	Sun	6:43	5.1	7:29	4.7	1:59	0.1	2:26	-0.4	5:49	8:12	
4	Mon	7:22	5.0	7:58	4.9	2:44	0.2	3:00	-0.4	5:50	8:11	
5	Tue	8:09	4.9	8:40	5.0	3:33	0.3	3:36	-0.3	5:51	8:10	
6	Wed	9:02	4.7	9:30	5.1	4:31	0.4	4:19	-0.2	5:52	8:08	
7	Thu	10:05	4.4	10:29	5.0	5:35	0.4	5:15	-0.1	5:53	8:07	
8	Fri	11:27	4.2	11:41	5.0	6:42	0.4	6:24	0.0	5:55	8:06	
9	Sat			12:45	4.2	7:47	0.2	7:35	0.0	5:56	8:04	
10	Sun	12:59	5.1	1:51	4.2	8:48	0.0	8:41	-0.1	5:57	8:03	
11	Mon	2:05	5.2	2:51	4.4	9:46	-0.4	9:43	-0.3	5:58	8:02	
12	Tue	3:04	5.4	3:45	4.6	10:40	-0.7	10:40	-0.5	5:59	8:00	
13	Wed	3:58	5.5	4:37	4.8	11:31	-0.9	11:34	-0.6	6:00	7:59	
14	Thu	4:49	5.5	5:27	4.9			12:19	-1.0	6:01	7:57	
15	Fri	5:40	5.4	6:18	5.0	12:26	-0.7	1:07	-1.1	6:02	7:56	
16	Sat	6:32	5.3	7:10	5.0	1:17	-0.6	1:53	-1.0	6:03	7:54	
17	Sun	7:25	5.1	8:03	5.0	2:08	-0.5	2:39	-0.9	6:04	7:53	
18	Mon	8:20	4.9	8:56	5.0	2:59	-0.3	3:25	-0.7	6:05	7:51	
19	Tue	9:16	4.7	9:49	5.0	3:52	-0.1	4:11	-0.4	6:06	7:50	
20	Wed	10:12	4.5	10:43	4.9	4:46	0.0	4:59	-0.2	6:07	7:48	
21	Thu	11:08	4.3	11:36	4.9	5:42	0.2	5:49	0.0	6:08	7:47	
22	Fri			12:05	4.2	6:39	0.2	6:41	0.1	6:09	7:45	
23	Sat	12:30	4.9	1:02	4.2	7:35	0.1	7:33	0.2	6:11	7:43	
24	Sun	1:24	4.9	1:57	4.2	8:28	0.0	8:26	0.2	6:12	7:42	
25	Mon	2:15	5.0	2:48	4.3	9:19	-0.2	9:16	0.1	6:13	7:40	
26	Tue	3:02	5.1	3:35	4.4	10:05	-0.3	10:04	0.0	6:14	7:39	
27	Wed	3:44	5.2	4:17	4.5	10:49	-0.4	10:50	-0.1	6:15	7:37	
28	Thu	4:24	5.2	4:57	4.6	11:30	-0.5	11:34	-0.1	6:16	7:35	
29	Fri	4:59	5.2	5:32	4.7			12:08	-0.5	6:17	7:34	
30	Sat	5:31	5.1	6:03	4.8	12:17	-0.2	12:45	-0.5	6:18	7:32	
31	Sun	5:59	5.1	6:27	4.9	1:01	-0.1	1:21	-0.5	6:19	7:30	