

































## Albany, NY - Jan 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:18	5.2	10:40	5.1	4:47	-0.4	5:10	-0.1	7:24	4:32	
2	Fri	11:14	5.3	11:37	5.0	5:40	-0.4	6:10	-0.1	7:25	4:33	
3	Sat			12:09	5.4	6:33	-0.4	7:08	-0.1	7:25	4:34	
4	Sun	12:33	5.0	1:02	5.5	7:24	-0.3	8:03	-0.2	7:24	4:35	
5	Mon	1:26	5.0	1:51	5.5	8:14	-0.3	8:56	-0.3	7:24	4:36	
6	Tue	2:16	5.0	2:37	5.6	9:01	-0.2	9:45	-0.3	7:24	4:37	
7	Wed	3:03	4.9	3:20	5.5	9:46	-0.1	10:30	-0.3	7:24	4:38	
8	Thu	3:48	4.9	4:00	5.5	10:29	0.0	11:13	-0.2	7:24	4:39	
9	Fri	4:31	4.8	4:38	5.4	11:09	0.1	11:53	-0.1	7:24	4:40	
10	Sat	5:13	4.6	5:13	5.3	11:47	0.2			7:23	4:41	
11	Sun	5:54	4.5	5:45	5.2	12:32	0.0	12:25	0.3	7:23	4:42	
12	Mon	6:34	4.5	6:09	5.1	1:09	0.1	1:03	0.4	7:23	4:43	
13	Tue	7:09	4.5	6:38	5.1	1:44	0.1	1:43	0.5	7:22	4:44	
14	Wed	7:36	4.6	7:19	5.0	2:19	0.2	2:28	0.6	7:22	4:45	
15	Thu	7:59	4.7	8:08	4.9	2:54	0.2	3:21	0.7	7:21	4:47	
16	Fri	8:40	4.8	9:06	4.7	3:34	0.3	4:25	0.7	7:21	4:48	
17	Sat	9:33	4.9	10:22	4.5	4:24	0.3	5:33	0.8	7:20	4:49	
18	Sun	10:38	4.9	11:41	4.4	5:24	0.4	6:39	0.7	7:20	4:50	
19	Mon	11:51	5.1			6:30	0.4	7:42	0.5	7:19	4:51	
20	Tue	12:46	4.5	12:55	5.2	7:34	0.3	8:41	0.2	7:19	4:53	
21	Wed	1:44	4.6	1:52	5.4	8:34	0.1	9:36	-0.1	7:18	4:54	
22	Thu	2:37	4.8	2:45	5.6	9:31	-0.1	10:28	-0.3	7:17	4:55	
23	Fri	3:28	4.9	3:36	5.7	10:26	-0.3	11:18	-0.5	7:16	4:56	
24	Sat	4:19	5.0	4:29	5.7	11:19	-0.4			7:16	4:58	
25	Sun	5:11	5.1	5:24	5.7	12:07	-0.6	12:11	-0.4	7:15	4:59	
26	Mon	6:05	5.1	6:22	5.6	12:56	-0.6	1:03	-0.4	7:14	5:00	
27	Tue	7:01	5.2	7:21	5.4	1:45	-0.5	1:57	-0.3	7:13	5:02	
28	Wed	7:58	5.3	8:20	5.3	2:34	-0.5	2:52	-0.2	7:12	5:03	
29	Thu	8:53	5.3	9:18	5.2	3:24	-0.3	3:48	-0.1	7:11	5:04	
30	Fri	9:49	5.3	10:15	5.0	4:15	-0.2	4:46	0.1	7:10	5:05	
31	Sat	10:44	5.3	11:12	4.9	5:07	-0.1	5:44	0.1	7:09	5:07	