
































Albany, NY - Jan 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:10	4.5	3:13	5.4	9:37	0.2	10:39	-0.1	7:24	4:31	
2	Sun	3:51	4.5	3:42	5.5	10:21	0.1	11:24	-0.1	7:25	4:32	
3	Mon	4:30	4.5	4:10	5.5	11:06	0.0			7:25	4:33	
4	Tue	5:09	4.5	4:45	5.6	12:08	-0.2	11:51 AM	0.0	7:25	4:34	
5	Wed	5:51	4.6	5:29	5.6	12:53	-0.2	12:38	0.0	7:24	4:35	
6	Thu	6:37	4.7	6:20	5.5	1:38	-0.2	1:28	0.0	7:24	4:36	
7	Fri	7:28	4.8	7:19	5.4	2:24	-0.2	2:22	0.0	7:24	4:37	
8	Sat	8:23	4.9	8:26	5.3	3:12	-0.2	3:20	0.1	7:24	4:38	
9	Sun	9:20	5.0	9:35	5.1	4:03	-0.1	4:23	0.2	7:24	4:39	
10	Mon	10:19	5.1	10:43	5.0	4:57	-0.1	5:28	0.2	7:24	4:40	
11	Tue	11:19	5.2	11:48	4.9	5:53	-0.1	6:32	0.1	7:23	4:41	
12	Wed			12:18	5.4	6:50	-0.1	7:34	0.0	7:23	4:42	
13	Thu	12:49	4.8	1:15	5.5	7:46	-0.2	8:34	-0.2	7:23	4:44	
14	Fri	1:46	4.9	2:08	5.6	8:41	-0.3	9:29	-0.3	7:22	4:45	
15	Sat	2:39	4.9	2:58	5.6	9:34	-0.3	10:21	-0.4	7:22	4:46	
16	Sun	3:30	4.9	3:46	5.6	10:24	-0.3	11:10	-0.4	7:21	4:47	
17	Mon	4:19	4.9	4:33	5.5	11:12	-0.2	11:57	-0.3	7:21	4:48	
18	Tue	5:08	4.8	5:21	5.3	11:59	0.0			7:20	4:50	
19	Wed	5:58	4.7	6:09	5.2	12:42	-0.2	12:44	0.1	7:19	4:51	
20	Thu	6:48	4.6	6:58	5.1	1:25	0.0	1:29	0.3	7:19	4:52	
21	Fri	7:38	4.6	7:48	4.9	2:07	0.1	2:15	0.5	7:18	4:53	
22	Sat	8:27	4.6	8:38	4.8	2:47	0.2	3:02	0.7	7:17	4:54	
23	Sun	9:15	4.6	9:30	4.6	3:27	0.4	3:54	0.8	7:17	4:56	
24	Mon	10:03	4.7	10:24	4.5	4:08	0.5	4:49	0.8	7:16	4:57	
25	Tue	10:52	4.7	11:19	4.3	4:51	0.5	5:47	0.8	7:15	4:58	
26	Wed	11:43	4.8			5:39	0.6	6:45	0.7	7:14	5:00	
27	Thu	12:14	4.3	12:32	4.9	6:31	0.6	7:41	0.6	7:13	5:01	
28	Fri	1:07	4.3	1:19	5.0	7:25	0.5	8:35	0.4	7:12	5:02	
29	Sat	1:57	4.4	2:02	5.2	8:18	0.4	9:25	0.2	7:12	5:04	
30	Sun	2:42	4.5	2:42	5.4	9:10	0.3	10:13	0.0	7:11	5:05	
31	Mon	3:24	4.6	3:18	5.5	10:00	0.1	10:59	-0.1	7:10	5:06	