

Albany, NY - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:47	5.9	4:20	4.7	11:11	-0.2	11:05	0.2	5:21	8:36	
2	Thu	4:33	5.8	5:09	4.7			12:00	-0.2	5:22	8:36	
3	Fri	5:16	5.7	5:57	4.6			12:45	-0.1	5:22	8:36	
4	Sat	6:00	5.5	6:46	4.5	12:37	0.5	1:29	0.0	5:23	8:36	
5	Sun	6:43	5.3	7:34	4.5	1:20	0.6	2:10	0.1	5:23	8:35	
6	Mon	7:27	5.1	8:23	4.5	2:02	0.8	2:49	0.2	5:24	8:35	
7	Tue	8:11	4.9	9:10	4.5	2:45	0.9	3:26	0.3	5:25	8:35	
8	Wed	8:58	4.7	9:56	4.6	3:30	1.0	4:01	0.3	5:25	8:34	
9	Thu	9:47	4.5	10:41	4.6	4:21	1.1	4:35	0.4	5:26	8:34	
10	Fri	10:41	4.2	11:27	4.7	5:19	1.2	5:10	0.5	5:27	8:33	
11	Sat	11:41	4.0			6:21	1.1	5:52	0.6	5:28	8:33	
12	Sun	12:14	4.8	12:42	3.8	7:24	1.0	6:43	0.6	5:28	8:32	
13	Mon	1:02	4.9	1:41	3.7	8:25	0.8	7:43	0.7	5:29	8:32	
14	Tue	1:50	5.1	2:36	3.7	9:22	0.5	8:44	0.6	5:30	8:31	
15	Wed	2:36	5.2	3:26	3.8	10:16	0.2	9:43	0.5	5:31	8:31	
16	Thu	3:18	5.4	4:12	4.0	11:05	0.0	10:39	0.4	5:32	8:30	
17	Fri	4:00	5.5	4:57	4.1	11:53	-0.2	11:32	0.2	5:33	8:29	
18	Sat	4:43	5.6	5:41	4.3			12:38	-0.4	5:34	8:28	
19	Sun	5:29	5.6	6:28	4.5	12:23	0.0	1:23	-0.5	5:34	8:28	
20	Mon	6:19	5.5	7:18	4.7	1:14	-0.1	2:08	-0.6	5:35	8:27	
21	Tue	7:14	5.4	8:11	4.9	2:07	-0.1	2:53	-0.6	5:36	8:26	
22	Wed	8:13	5.3	9:05	5.0	3:01	-0.1	3:40	-0.6	5:37	8:25	
23	Thu	9:13	5.0	9:59	5.2	3:58	0.0	4:28	-0.5	5:38	8:24	
24	Fri	10:15	4.8	10:55	5.3	4:59	0.0	5:19	-0.4	5:39	8:23	
25	Sat	11:17	4.5	11:53	5.3	6:02	0.1	6:12	-0.3	5:40	8:22	
26	Sun			12:20	4.4	7:05	0.1	7:08	-0.2	5:41	8:21	
27	Mon	12:51	5.3	1:21	4.3	8:07	0.0	8:06	-0.1	5:42	8:20	
28	Tue	1:48	5.3	2:20	4.3	9:06	-0.2	9:02	-0.1	5:43	8:19	
29	Wed	2:42	5.3	3:14	4.3	10:01	-0.3	9:55	-0.1	5:44	8:18	
30	Thu	3:32	5.3	4:04	4.4	10:51	-0.4	10:45	-0.1	5:45	8:17	
31	Fri	4:18	5.3	4:52	4.4	11:37	-0.5	11:32	0.0	5:46	8:16	