

Albany, NY - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:01	5.2	5:37	4.4			12:20	-0.5	5:47	8:15	
2	Sun	5:41	5.1	6:21	4.4	12:16	0.1	1:00	-0.4	5:48	8:14	
3	Mon	6:21	5.0	7:04	4.4	12:57	0.2	1:36	-0.3	5:49	8:12	
4	Tue	6:59	4.8	7:45	4.4	1:38	0.4	2:09	-0.2	5:50	8:11	
5	Wed	7:37	4.6	8:24	4.4	2:18	0.5	2:39	-0.1	5:51	8:10	
6	Thu	8:13	4.4	8:58	4.5	3:00	0.6	3:04	0.0	5:52	8:09	
7	Fri	8:50	4.2	9:24	4.6	3:47	0.7	3:27	0.1	5:53	8:07	
8	Sat	9:36	3.9	9:50	4.7	4:42	0.8	3:59	0.1	5:54	8:06	
9	Sun	10:41	3.6	10:33	4.7	5:45	0.9	4:42	0.3	5:56	8:05	
10	Mon	11:56	3.4	11:32	4.7	6:50	0.8	5:39	0.4	5:57	8:03	
11	Tue			1:04	3.4	7:54	0.7	6:55	0.5	5:58	8:02	
12	Wed	12:49	4.7	2:04	3.5	8:53	0.4	8:14	0.5	5:59	8:00	
13	Thu	1:57	4.9	2:58	3.7	9:48	0.1	9:22	0.3	6:00	7:59	
14	Fri	2:54	5.1	3:47	4.0	10:39	-0.2	10:21	0.1	6:01	7:58	
15	Sat	3:44	5.2	4:33	4.3	11:26	-0.5	11:16	-0.2	6:02	7:56	
16	Sun	4:32	5.4	5:18	4.5			12:12	-0.7	6:03	7:55	
17	Mon	5:20	5.4	6:04	4.7	12:09	-0.4	12:56	-0.8	6:04	7:53	
18	Tue	6:09	5.4	6:52	4.9	1:00	-0.5	1:40	-0.9	6:05	7:52	
19	Wed	7:02	5.2	7:43	5.1	1:52	-0.5	2:24	-0.8	6:06	7:50	
20	Thu	7:58	5.0	8:36	5.2	2:46	-0.4	3:10	-0.7	6:07	7:48	
21	Fri	8:57	4.8	9:31	5.2	3:42	-0.3	3:57	-0.6	6:08	7:47	
22	Sat	9:57	4.5	10:28	5.2	4:41	-0.1	4:49	-0.4	6:09	7:45	
23	Sun	10:59	4.3	11:27	5.1	5:43	0.0	5:44	-0.2	6:11	7:44	
24	Mon			12:02	4.2	6:45	0.0	6:43	0.0	6:12	7:42	
25	Tue	12:28	5.0	1:03	4.1	7:46	0.0	7:43	0.0	6:13	7:40	
26	Wed	1:28	5.0	2:02	4.2	8:44	-0.1	8:40	0.0	6:14	7:39	
27	Thu	2:24	5.0	2:57	4.3	9:37	-0.3	9:35	0.0	6:15	7:37	
28	Fri	3:14	5.1	3:46	4.5	10:26	-0.4	10:25	-0.1	6:16	7:35	
29	Sat	4:00	5.1	4:31	4.6	11:10	-0.5	11:11	0.0	6:17	7:34	
30	Sun	4:41	5.1	5:14	4.6	11:50	-0.5	11:54	0.0	6:18	7:32	
31	Mon	5:20	5.0	5:53	4.7			12:26	-0.4	6:19	7:30	