

Poughkeepsie, NY - Jul 1968

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:34	3.3	5:42	3.0	11:36	0.3	11:40	0.7	5:24	8:34	
2	Tue	5:27	3.3	6:28	3.2			12:22	0.3	5:25	8:33	
3	Wed	6:22	3.2	7:15	3.4	12:46	0.7	1:15	0.3	5:26	8:33	
4	Thu	7:17	3.1	8:07	3.6	2:00	0.6	2:14	0.3	5:26	8:33	
5	Fri	8:18	3.0	9:07	3.7	3:09	0.5	3:14	0.2	5:27	8:33	
6	Sat	9:28	2.9	10:10	3.9	4:12	0.3	4:13	0.2	5:27	8:33	
7	Sun	10:40	3.0	11:11	4.0	5:11	0.1	5:11	0.1	5:28	8:32	
8	Mon	11:43	3.1			6:08	-0.1	6:08	0.0	5:29	8:32	
9	Tue	12:07	4.1	12:40	3.2	7:04	-0.2	7:06	0.0	5:29	8:31	
10	Wed	1:01	4.2	1:36	3.3	7:58	-0.3	8:02	0.0	5:30	8:31	
11	Thu	1:54	4.1	2:31	3.3	8:48	-0.4	8:55	0.0	5:31	8:31	
12	Fri	2:47	4.0	3:28	3.3	9:36	-0.3	9:45	0.1	5:32	8:30	
13	Sat	3:41	3.8	4:23	3.3	10:22	-0.2	10:35	0.3	5:32	8:29	
14	Sun	4:34	3.6	5:17	3.3	11:08	-0.1	11:26	0.5	5:33	8:29	
15	Mon	5:27	3.4	6:07	3.3	11:54	0.1			5:34	8:28	
16	Tue	6:17	3.2	6:53	3.3	12:23	0.7	12:42	0.3	5:35	8:28	
17	Wed	7:04	3.0	7:37	3.2	1:23	0.8	1:32	0.5	5:36	8:27	
18	Thu	7:52	2.8	8:23	3.2	2:24	0.8	2:22	0.6	5:37	8:26	
19	Fri	8:45	2.6	9:13	3.2	3:22	0.8	3:11	0.7	5:37	8:26	
20	Sat	9:43	2.6	10:07	3.3	4:14	0.8	3:59	0.7	5:38	8:25	
21	Sun	10:41	2.6	10:57	3.3	5:03	0.7	4:46	0.7	5:39	8:24	
22	Mon	11:32	2.7	11:42	3.4	5:49	0.5	5:32	0.7	5:40	8:23	
23	Tue			12:18	2.8	6:34	0.4	6:18	0.6	5:41	8:22	
24	Wed	12:22	3.5	12:59	2.9	7:18	0.3	7:03	0.5	5:42	8:21	
25	Thu	12:58	3.6	1:39	3.0	8:00	0.2	7:48	0.5	5:43	8:21	
26	Fri	1:33	3.6	2:18	3.0	8:40	0.1	8:31	0.4	5:44	8:20	
27	Sat	2:08	3.7	2:56	3.1	9:17	0.1	9:12	0.4	5:45	8:19	
28	Sun	2:45	3.6	3:37	3.2	9:53	0.0	9:53	0.4	5:46	8:18	
29	Mon	3:27	3.5	4:21	3.3	10:28	0.1	10:36	0.4	5:47	8:17	
30	Tue	4:14	3.4	5:08	3.4	11:05	0.1	11:26	0.5	5:48	8:15	
31	Wed	5:07	3.3	5:58	3.5	11:47	0.2			5:49	8:14	