

Poughkeepsie, NY - Jun 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:22	4.2	1:57	3.2	8:29	-0.4	8:28	-0.1	5:23	8:23	
2	Mon	2:15	4.2	2:56	3.2	9:21	-0.4	9:21	0.0	5:22	8:24	
3	Tue	3:13	4.0	3:59	3.2	10:11	-0.4	10:16	0.1	5:22	8:25	
4	Wed	4:15	3.9	5:04	3.2	11:04	-0.3	11:14	0.2	5:22	8:25	
5	Thu	5:19	3.7	6:06	3.3			12:00	-0.1	5:21	8:26	
6	Fri	6:19	3.5	7:02	3.3	12:18	0.4	12:59	0.0	5:21	8:27	
7	Sat	7:14	3.4	7:56	3.4	1:27	0.5	1:58	0.1	5:21	8:27	
8	Sun	8:09	3.2	8:50	3.4	2:34	0.5	2:53	0.1	5:21	8:28	
9	Mon	9:06	3.0	9:45	3.4	3:34	0.5	3:44	0.2	5:20	8:28	
10	Tue	10:05	2.9	10:36	3.5	4:29	0.4	4:31	0.2	5:20	8:29	
11	Wed	10:59	2.9	11:22	3.6	5:20	0.3	5:16	0.3	5:20	8:30	
12	Thu	11:48	2.9			6:07	0.2	5:59	0.4	5:20	8:30	
13	Fri	12:03	3.6	12:32	2.9	6:53	0.2	6:42	0.4	5:20	8:31	
14	Sat	12:42	3.6	1:15	2.9	7:38	0.2	7:24	0.5	5:20	8:31	
15	Sun	1:19	3.6	1:58	2.9	8:21	0.2	8:06	0.5	5:20	8:31	
16	Mon	1:56	3.5	2:42	2.8	9:01	0.2	8:47	0.6	5:20	8:32	
17	Tue	2:33	3.4	3:28	2.8	9:39	0.2	9:24	0.6	5:20	8:32	
18	Wed	3:10	3.3	4:15	2.8	10:16	0.3	10:00	0.7	5:20	8:32	
19	Thu	3:47	3.2	5:01	2.8	10:52	0.3	10:37	0.8	5:20	8:33	
20	Fri	4:27	3.1	5:44	2.8	11:28	0.4	11:17	0.9	5:20	8:33	
21	Sat	5:10	3.0	6:23	2.9			12:07	0.5	5:21	8:33	
22	Sun	5:56	3.0	7:01	3.0	12:10	0.9	12:52	0.5	5:21	8:33	
23	Mon	6:45	2.9	7:41	3.2	1:19	0.9	1:43	0.5	5:21	8:34	
24	Tue	7:37	2.9	8:29	3.4	2:30	0.8	2:37	0.5	5:21	8:34	
25	Wed	8:37	2.8	9:25	3.6	3:34	0.6	3:32	0.4	5:22	8:34	
26	Thu	9:47	2.8	10:25	3.8	4:33	0.4	4:27	0.3	5:22	8:34	
27	Fri	10:55	2.9	11:22	4.0	5:29	0.2	5:23	0.2	5:23	8:34	
28	Sat	11:54	3.1			6:25	-0.1	6:20	0.0	5:23	8:34	
29	Sun	12:16	4.2	12:50	3.2	7:20	-0.2	7:18	0.0	5:23	8:34	
30	Mon	1:10	4.2	1:46	3.3	8:14	-0.4	8:16	-0.1	5:24	8:34	