

Poughkeepsie, NY - Jul 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	2:05	4.2	2:45	3.4	9:05	-0.5	9:11	-0.1	5:24	8:34	
2	Wed	3:02	4.1	3:46	3.4	9:54	-0.5	10:04	0.0	5:25	8:34	
3	Thu	4:01	3.9	4:46	3.4	10:43	-0.4	10:59	0.1	5:25	8:33	
4	Fri	5:00	3.7	5:44	3.5	11:34	-0.2	11:58	0.3	5:26	8:33	
5	Sat	5:56	3.5	6:37	3.5			12:27	-0.1	5:27	8:33	
6	Sun	6:49	3.3	7:27	3.5	1:02	0.5	1:22	0.1	5:27	8:33	
7	Mon	7:40	3.1	8:17	3.4	2:06	0.6	2:16	0.3	5:28	8:32	
8	Tue	8:34	2.9	9:08	3.4	3:08	0.6	3:08	0.4	5:29	8:32	
9	Wed	9:32	2.8	10:02	3.4	4:04	0.6	3:58	0.5	5:29	8:32	
10	Thu	10:31	2.7	10:53	3.4	4:55	0.5	4:45	0.6	5:30	8:31	
11	Fri	11:24	2.7	11:39	3.5	5:43	0.4	5:30	0.6	5:31	8:31	
12	Sat			12:11	2.8	6:29	0.4	6:15	0.6	5:31	8:30	
13	Sun	12:21	3.5	12:54	2.9	7:14	0.3	7:00	0.6	5:32	8:30	
14	Mon	1:00	3.5	1:36	2.9	7:56	0.2	7:44	0.5	5:33	8:29	
15	Tue	1:37	3.5	2:18	2.9	8:36	0.2	8:26	0.5	5:34	8:28	
16	Wed	2:12	3.5	2:59	2.9	9:13	0.2	9:04	0.6	5:35	8:28	
17	Thu	2:45	3.4	3:40	2.9	9:48	0.2	9:41	0.6	5:35	8:27	
18	Fri	3:18	3.3	4:19	3.0	10:20	0.2	10:16	0.7	5:36	8:26	
19	Sat	3:53	3.2	4:57	3.0	10:51	0.3	10:54	0.7	5:37	8:26	
20	Sun	4:33	3.1	5:35	3.1	11:22	0.4	11:40	0.8	5:38	8:25	
21	Mon	5:20	3.0	6:15	3.2	11:58	0.4			5:39	8:24	
22	Tue	6:11	2.9	7:00	3.4	12:41	0.8	12:45	0.5	5:40	8:23	
23	Wed	7:06	2.9	7:52	3.5	1:56	0.8	1:48	0.5	5:41	8:23	
24	Thu	8:08	2.8	8:53	3.6	3:08	0.6	2:58	0.5	5:42	8:22	
25	Fri	9:22	2.8	10:02	3.8	4:12	0.5	4:05	0.4	5:43	8:21	
26	Sat	10:38	2.9	11:08	4.0	5:11	0.2	5:07	0.2	5:44	8:20	
27	Sun	11:42	3.1			6:07	0.0	6:07	0.1	5:45	8:19	
28	Mon	12:06	4.1	12:39	3.3	7:02	-0.2	7:06	0.0	5:46	8:18	
29	Tue	1:00	4.2	1:34	3.5	7:55	-0.4	8:03	-0.1	5:46	8:17	
30	Wed	1:53	4.2	2:28	3.6	8:45	-0.5	8:56	-0.1	5:47	8:16	
31	Thu	2:46	4.1	3:23	3.6	9:32	-0.5	9:48	-0.1	5:48	8:15	