

Poughkeepsie, NY - Aug 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:39	3.9	4:18	3.7	10:17	-0.4	10:38	0.1	5:49	8:14	
2	Sat	4:34	3.7	5:12	3.6	11:03	-0.2	11:32	0.3	5:50	8:12	
3	Sun	5:28	3.5	6:04	3.6	11:50	0.1			5:51	8:11	
4	Mon	6:20	3.2	6:52	3.5	12:31	0.5	12:41	0.3	5:52	8:10	
5	Tue	7:11	3.0	7:40	3.4	1:34	0.7	1:35	0.6	5:53	8:09	
6	Wed	8:04	2.8	8:31	3.3	2:37	0.7	2:31	0.7	5:54	8:08	
7	Thu	9:01	2.7	9:27	3.3	3:36	0.7	3:25	0.8	5:55	8:06	
8	Fri	10:03	2.6	10:25	3.3	4:29	0.7	4:17	0.8	5:56	8:05	
9	Sat	11:00	2.7	11:16	3.4	5:18	0.6	5:05	0.8	5:58	8:04	
10	Sun	11:48	2.8			6:03	0.5	5:51	0.7	5:59	8:03	
11	Mon	12:00	3.5	12:31	3.0	6:46	0.4	6:37	0.6	6:00	8:01	
12	Tue	12:39	3.5	1:11	3.1	7:27	0.3	7:21	0.5	6:01	8:00	
13	Wed	1:14	3.6	1:49	3.2	8:06	0.2	8:03	0.5	6:02	7:58	
14	Thu	1:47	3.6	2:25	3.2	8:42	0.2	8:42	0.5	6:03	7:57	
15	Fri	2:17	3.5	2:59	3.2	9:15	0.2	9:19	0.5	6:04	7:56	
16	Sat	2:48	3.4	3:32	3.3	9:46	0.2	9:56	0.5	6:05	7:54	
17	Sun	3:22	3.3	4:07	3.4	10:15	0.3	10:34	0.5	6:06	7:53	
18	Mon	4:03	3.2	4:48	3.4	10:45	0.3	11:18	0.6	6:07	7:51	
19	Tue	4:52	3.1	5:36	3.5	11:20	0.4			6:08	7:50	
20	Wed	5:48	2.9	6:30	3.5	12:17	0.7	12:08	0.5	6:09	7:48	
21	Thu	6:49	2.8	7:29	3.6	1:34	0.8	1:19	0.6	6:10	7:47	
22	Fri	7:56	2.8	8:36	3.6	2:50	0.7	2:43	0.6	6:11	7:45	
23	Sat	9:13	2.8	9:51	3.7	3:56	0.5	3:55	0.5	6:12	7:44	
24	Sun	10:30	3.0	10:58	3.9	4:55	0.3	4:59	0.3	6:13	7:42	
25	Mon	11:33	3.3	11:55	4.1	5:50	0.0	5:58	0.1	6:14	7:41	
26	Tue			12:27	3.6	6:42	-0.2	6:54	0.0	6:15	7:39	
27	Wed	12:47	4.2	1:17	3.8	7:32	-0.3	7:48	-0.1	6:16	7:37	
28	Thu	1:35	4.2	2:06	3.9	8:19	-0.4	8:39	-0.1	6:17	7:36	
29	Fri	2:24	4.0	2:55	3.9	9:04	-0.4	9:28	0.0	6:18	7:34	
30	Sat	3:13	3.8	3:44	3.8	9:47	-0.2	10:15	0.1	6:19	7:33	
31	Sun	4:04	3.6	4:34	3.7	10:28	0.0	11:03	0.3	6:20	7:31	