

Poughkeepsie, NY - Sep 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:56	3.3	5:24	3.6	11:10	0.3	11:56	0.6	6:21	7:29	
2	Tue	5:50	3.1	6:13	3.4	11:55	0.6			6:22	7:28	
3	Wed	6:42	2.9	7:02	3.3	12:57	0.8	12:48	0.8	6:23	7:26	
4	Thu	7:36	2.7	7:54	3.2	2:02	0.9	1:50	1.0	6:24	7:24	
5	Fri	8:32	2.6	8:51	3.1	3:04	0.9	2:52	1.0	6:25	7:23	
6	Sat	9:34	2.7	9:53	3.2	3:59	0.8	3:49	1.0	6:26	7:21	
7	Sun	10:32	2.8	10:48	3.3	4:48	0.7	4:40	0.9	6:27	7:19	
8	Mon	11:22	2.9	11:33	3.4	5:31	0.6	5:27	0.7	6:28	7:17	
9	Tue			12:04	3.1	6:12	0.5	6:11	0.6	6:29	7:16	
10	Wed	12:11	3.5	12:41	3.3	6:52	0.3	6:55	0.5	6:30	7:14	
11	Thu	12:45	3.6	1:15	3.4	7:29	0.2	7:37	0.4	6:31	7:12	
12	Fri	1:17	3.6	1:47	3.5	8:05	0.2	8:18	0.3	6:32	7:11	
13	Sat	1:48	3.5	2:17	3.6	8:39	0.1	8:58	0.3	6:33	7:09	
14	Sun	2:20	3.5	2:49	3.7	9:12	0.2	9:37	0.3	6:34	7:07	
15	Mon	2:57	3.3	3:27	3.7	9:43	0.2	10:18	0.4	6:35	7:05	
16	Tue	3:40	3.2	4:13	3.7	10:17	0.3	11:05	0.5	6:36	7:04	
17	Wed	4:34	3.0	5:09	3.6	10:56	0.5			6:38	7:02	
18	Thu	5:38	2.9	6:12	3.6	12:05	0.6	11:50 AM	0.6	6:39	7:00	
19	Fri	6:47	2.8	7:19	3.6	1:22	0.7	1:13	0.7	6:40	6:58	
20	Sat	7:57	2.9	8:29	3.6	2:36	0.6	2:39	0.7	6:41	6:57	
21	Sun	9:11	3.0	9:42	3.7	3:41	0.5	3:50	0.5	6:42	6:55	
22	Mon	10:22	3.2	10:47	3.8	4:38	0.2	4:51	0.3	6:43	6:53	
23	Tue	11:21	3.5	11:41	3.9	5:30	0.0	5:47	0.1	6:44	6:51	
24	Wed			12:11	3.8	6:19	-0.2	6:40	0.0	6:45	6:50	
25	Thu	12:29	4.0	12:57	3.9	7:06	-0.3	7:31	-0.1	6:46	6:48	
26	Fri	1:15	4.0	1:40	4.0	7:51	-0.3	8:20	-0.1	6:47	6:46	
27	Sat	2:00	3.8	2:23	4.0	8:34	-0.2	9:06	0.0	6:48	6:45	
28	Sun	2:45	3.6	3:07	3.9	9:14	0.0	9:51	0.1	6:49	6:43	
29	Mon	3:33	3.4	3:52	3.7	9:53	0.2	10:35	0.3	6:50	6:41	
30	Tue	4:25	3.1	4:40	3.5	10:31	0.5	11:23	0.6	6:51	6:39	