

Poughkeepsie, NY - Dec 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:51	2.5	5:35	2.8	11:31	0.9			7:03	4:26	
2	Tue	6:35	2.6	6:20	2.7	12:37	0.6	12:45	0.9	7:04	4:26	
3	Wed	7:19	2.7	7:09	2.7	1:29	0.5	1:51	0.8	7:05	4:25	
4	Thu	8:06	2.9	8:06	2.7	2:16	0.4	2:48	0.6	7:06	4:25	
5	Fri	8:55	3.1	9:06	2.7	3:01	0.3	3:40	0.4	7:07	4:25	
6	Sat	9:42	3.4	10:01	2.8	3:45	0.2	4:30	0.1	7:08	4:25	
7	Sun	10:27	3.6	10:51	2.9	4:30	0.0	5:21	-0.1	7:09	4:25	
8	Mon	11:12	3.8	11:38	3.0	5:18	-0.1	6:12	-0.3	7:10	4:25	
9	Tue	11:58	4.0			6:08	-0.2	7:04	-0.4	7:11	4:25	
10	Wed	12:27	3.0	12:47	4.0	7:00	-0.3	7:54	-0.5	7:11	4:25	
11	Thu	1:20	3.0	1:41	3.9	7:53	-0.3	8:43	-0.5	7:12	4:25	
12	Fri	2:19	3.0	2:40	3.8	8:45	-0.2	9:34	-0.4	7:13	4:25	
13	Sat	3:23	3.0	3:43	3.6	9:39	-0.1	10:27	-0.3	7:14	4:25	
14	Sun	4:27	3.0	4:45	3.4	10:40	0.1	11:25	-0.2	7:15	4:25	
15	Mon	5:28	3.1	5:43	3.2	11:49	0.2			7:15	4:26	
16	Tue	6:24	3.1	6:39	3.1	12:25	-0.1	12:59	0.3	7:16	4:26	
17	Wed	7:20	3.2	7:37	2.9	1:24	-0.1	2:05	0.3	7:17	4:26	
18	Thu	8:17	3.2	8:38	2.8	2:19	-0.1	3:04	0.2	7:17	4:27	
19	Fri	9:14	3.3	9:37	2.7	3:10	0.0	3:58	0.1	7:18	4:27	
20	Sat	10:05	3.3	10:29	2.7	3:58	0.0	4:48	0.0	7:18	4:27	
21	Sun	10:50	3.4	11:16	2.7	4:44	0.0	5:35	-0.1	7:19	4:28	
22	Mon	11:31	3.4	11:59	2.7	5:28	0.1	6:21	-0.1	7:19	4:28	
23	Tue			12:10	3.4	6:12	0.1	7:05	-0.1	7:20	4:29	
24	Wed	12:41	2.7	12:48	3.3	6:54	0.1	7:46	-0.1	7:20	4:30	
25	Thu	1:24	2.7	1:26	3.3	7:35	0.1	8:24	-0.1	7:21	4:30	
26	Fri	2:07	2.6	2:03	3.1	8:13	0.2	9:01	0.0	7:21	4:31	
27	Sat	2:51	2.6	2:41	3.0	8:48	0.3	9:36	0.1	7:21	4:31	
28	Sun	3:37	2.5	3:19	2.9	9:23	0.4	10:10	0.2	7:22	4:32	
29	Mon	4:21	2.5	3:57	2.8	9:59	0.5	10:45	0.2	7:22	4:33	
30	Tue	5:02	2.6	4:39	2.7	10:43	0.6	11:25	0.3	7:22	4:34	
31	Wed	5:40	2.6	5:24	2.6	11:43	0.7			7:22	4:34	