

Poughkeepsie, NY - Jan 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:18	2.7	6:12	2.5	12:14	0.3	1:00	0.6	7:22	4:35	
2	Fri	7:03	2.9	7:10	2.4	1:08	0.4	2:09	0.5	7:22	4:36	
3	Sat	7:59	3.0	8:20	2.4	2:08	0.3	3:11	0.3	7:22	4:37	
4	Sun	9:02	3.2	9:32	2.5	3:06	0.2	4:07	0.0	7:22	4:38	
5	Mon	10:02	3.5	10:33	2.7	4:02	0.0	5:01	-0.2	7:22	4:39	
6	Tue	10:56	3.7	11:26	2.9	4:58	-0.2	5:55	-0.4	7:22	4:40	
7	Wed	11:48	3.9			5:54	-0.4	6:47	-0.6	7:22	4:41	
8	Thu	12:18	3.0	12:40	3.9	6:49	-0.5	7:37	-0.8	7:22	4:42	
9	Fri	1:12	3.1	1:33	3.9	7:43	-0.6	8:25	-0.8	7:22	4:43	
10	Sat	2:07	3.2	2:27	3.8	8:34	-0.6	9:12	-0.8	7:22	4:44	
11	Sun	3:04	3.2	3:24	3.6	9:26	-0.4	10:00	-0.7	7:21	4:45	
12	Mon	4:02	3.2	4:20	3.3	10:21	-0.2	10:50	-0.5	7:21	4:46	
13	Tue	4:58	3.2	5:15	3.1	11:22	0.0	11:45	-0.3	7:21	4:47	
14	Wed	5:51	3.1	6:09	2.8			12:28	0.1	7:20	4:48	
15	Thu	6:44	3.1	7:05	2.6	12:43	-0.1	1:35	0.2	7:20	4:49	
16	Fri	7:39	3.0	8:05	2.4	1:41	0.1	2:37	0.2	7:20	4:51	
17	Sat	8:38	2.9	9:09	2.4	2:37	0.2	3:34	0.2	7:19	4:52	
18	Sun	9:37	3.0	10:07	2.4	3:29	0.2	4:25	0.1	7:18	4:53	
19	Mon	10:28	3.0	10:56	2.5	4:18	0.2	5:13	0.0	7:18	4:54	
20	Tue	11:13	3.1	11:40	2.6	5:05	0.2	5:58	-0.1	7:17	4:55	
21	Wed	11:53	3.2			5:50	0.1	6:41	-0.1	7:17	4:57	
22	Thu	12:21	2.7	12:30	3.2	6:34	0.1	7:20	-0.2	7:16	4:58	
23	Fri	1:01	2.7	1:06	3.1	7:15	0.0	7:57	-0.2	7:15	4:59	
24	Sat	1:40	2.7	1:39	3.1	7:53	0.0	8:30	-0.2	7:15	5:00	
25	Sun	2:18	2.7	2:11	3.0	8:28	0.1	9:01	-0.1	7:14	5:01	
26	Mon	2:54	2.7	2:41	2.9	9:02	0.1	9:29	-0.1	7:13	5:03	
27	Tue	3:28	2.7	3:13	2.7	9:35	0.2	9:56	0.0	7:12	5:04	
28	Wed	4:02	2.7	3:53	2.6	10:11	0.3	10:24	0.1	7:11	5:05	
29	Thu	4:40	2.8	4:40	2.5	10:59	0.4	11:02	0.2	7:10	5:06	
30	Fri	5:24	2.8	5:33	2.4			12:10	0.5	7:09	5:08	
31	Sat	6:15	2.9	6:34	2.3	12:00	0.3	1:33	0.4	7:08	5:09	