

Poughkeepsie, NY - Jun 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:19	3.1	11:43	3.8	5:39	0.1	5:40	0.0	5:23	8:23	
2	Tue			12:10	3.1	6:30	0.0	6:27	0.1	5:23	8:24	
3	Wed	12:27	3.9	12:57	3.1	7:20	-0.1	7:14	0.2	5:22	8:24	
4	Thu	1:09	3.8	1:44	3.1	8:07	-0.1	8:00	0.3	5:22	8:25	
5	Fri	1:50	3.7	2:31	3.0	8:52	0.0	8:43	0.4	5:21	8:26	
6	Sat	2:33	3.6	3:20	2.9	9:34	0.1	9:25	0.5	5:21	8:26	
7	Sun	3:17	3.4	4:11	2.8	10:15	0.2	10:04	0.6	5:21	8:27	
8	Mon	4:04	3.3	5:02	2.8	10:55	0.3	10:45	0.8	5:21	8:28	
9	Tue	4:52	3.1	5:51	2.8	11:37	0.4	11:29	0.9	5:20	8:28	
10	Wed	5:39	3.0	6:36	2.8			12:22	0.5	5:20	8:29	
11	Thu	6:22	2.9	7:18	2.9	12:24	1.0	1:09	0.6	5:20	8:29	
12	Fri	7:04	2.8	7:59	3.0	1:28	1.0	1:58	0.6	5:20	8:30	
13	Sat	7:48	2.7	8:42	3.1	2:31	1.0	2:45	0.6	5:20	8:30	
14	Sun	8:39	2.6	9:29	3.2	3:29	0.8	3:32	0.6	5:20	8:31	
15	Mon	9:40	2.6	10:17	3.4	4:21	0.7	4:17	0.5	5:20	8:31	
16	Tue	10:40	2.7	11:04	3.6	5:12	0.5	5:03	0.4	5:20	8:32	
17	Wed	11:32	2.8	11:50	3.8	6:02	0.2	5:52	0.3	5:20	8:32	
18	Thu			12:21	2.9	6:52	0.1	6:43	0.2	5:20	8:32	
19	Fri	12:35	4.0	1:09	3.0	7:43	-0.1	7:36	0.1	5:20	8:33	
20	Sat	1:23	4.1	2:00	3.1	8:33	-0.2	8:29	0.1	5:20	8:33	
21	Sun	2:14	4.1	2:56	3.2	9:21	-0.3	9:21	0.0	5:21	8:33	
22	Mon	3:10	4.0	3:56	3.2	10:08	-0.3	10:14	0.1	5:21	8:33	
23	Tue	4:09	3.9	4:57	3.3	10:57	-0.3	11:10	0.2	5:21	8:34	
24	Wed	5:10	3.7	5:55	3.4	11:49	-0.2			5:21	8:34	
25	Thu	6:07	3.5	6:50	3.5	12:13	0.3	12:45	-0.1	5:22	8:34	
26	Fri	7:03	3.4	7:43	3.6	1:21	0.4	1:42	0.0	5:22	8:34	
27	Sat	7:58	3.2	8:37	3.6	2:28	0.4	2:39	0.1	5:22	8:34	
28	Sun	8:57	3.0	9:34	3.6	3:30	0.4	3:34	0.2	5:23	8:34	
29	Mon	10:00	2.9	10:31	3.6	4:28	0.3	4:26	0.2	5:23	8:34	
30	Tue	10:59	2.9	11:22	3.7	5:21	0.3	5:15	0.3	5:24	8:34	