

Poughkeepsie, NY - Jul 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	11:52	2.9			6:12	0.2	6:04	0.4	5:24	8:34	
2	Thu	12:08	3.7	12:40	3.0	7:00	0.1	6:51	0.4	5:25	8:34	
3	Fri	12:51	3.7	1:25	3.0	7:47	0.1	7:38	0.4	5:25	8:33	
4	Sat	1:32	3.6	2:10	3.0	8:30	0.1	8:22	0.5	5:26	8:33	
5	Sun	2:12	3.5	2:55	3.0	9:11	0.1	9:03	0.5	5:26	8:33	
6	Mon	2:53	3.4	3:41	3.0	9:48	0.2	9:42	0.6	5:27	8:33	
7	Tue	3:33	3.3	4:27	2.9	10:24	0.2	10:19	0.7	5:28	8:32	
8	Wed	4:13	3.2	5:12	3.0	10:58	0.3	10:57	0.8	5:28	8:32	
9	Thu	4:53	3.0	5:53	3.0	11:31	0.4	11:40	0.9	5:29	8:32	
10	Fri	5:32	2.9	6:30	3.0			12:05	0.5	5:30	8:31	
11	Sat	6:12	2.8	7:06	3.1	12:34	1.0	12:45	0.6	5:31	8:31	
12	Sun	6:55	2.7	7:45	3.2	1:40	1.0	1:35	0.7	5:31	8:30	
13	Mon	7:45	2.6	8:31	3.3	2:46	0.9	2:33	0.7	5:32	8:30	
14	Tue	8:47	2.6	9:29	3.5	3:47	0.7	3:32	0.6	5:33	8:29	
15	Wed	9:59	2.6	10:30	3.7	4:43	0.5	4:30	0.5	5:34	8:29	
16	Thu	11:05	2.8	11:27	3.9	5:37	0.3	5:26	0.4	5:34	8:28	
17	Fri			12:01	3.0	6:30	0.1	6:23	0.2	5:35	8:27	
18	Sat	12:19	4.1	12:53	3.2	7:22	-0.1	7:21	0.0	5:36	8:27	
19	Sun	1:11	4.2	1:46	3.4	8:13	-0.3	8:16	-0.1	5:37	8:26	
20	Mon	2:03	4.2	2:40	3.5	9:01	-0.4	9:09	-0.1	5:38	8:25	
21	Tue	2:57	4.1	3:37	3.6	9:47	-0.5	10:02	-0.1	5:39	8:24	
22	Wed	3:53	3.9	4:34	3.7	10:34	-0.4	10:56	0.1	5:40	8:24	
23	Thu	4:50	3.7	5:31	3.7	11:22	-0.3	11:54	0.2	5:41	8:23	
24	Fri	5:47	3.5	6:25	3.7			12:14	-0.1	5:41	8:22	
25	Sat	6:42	3.3	7:17	3.6	12:59	0.4	1:10	0.1	5:42	8:21	
26	Sun	7:37	3.1	8:10	3.6	2:05	0.5	2:09	0.3	5:43	8:20	
27	Mon	8:35	2.9	9:07	3.5	3:09	0.5	3:07	0.4	5:44	8:19	
28	Tue	9:38	2.8	10:07	3.5	4:08	0.5	4:03	0.5	5:45	8:18	
29	Wed	10:41	2.8	11:03	3.5	5:02	0.4	4:55	0.6	5:46	8:17	
30	Thu	11:35	2.9	11:51	3.5	5:52	0.4	5:43	0.6	5:47	8:16	
31	Fri			12:22	3.0	6:39	0.3	6:30	0.5	5:48	8:15	