

Poughkeepsie, NY - Aug 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:34	3.6	1:05	3.0	7:23	0.2	7:16	0.5	5:49	8:14	
2	Sun	1:13	3.6	1:46	3.1	8:04	0.2	7:59	0.5	5:50	8:13	
3	Mon	1:50	3.6	2:26	3.1	8:42	0.2	8:40	0.5	5:51	8:12	
4	Tue	2:26	3.5	3:06	3.2	9:17	0.2	9:18	0.5	5:52	8:10	
5	Wed	3:00	3.4	3:45	3.2	9:49	0.2	9:54	0.6	5:53	8:09	
6	Thu	3:32	3.2	4:22	3.1	10:18	0.3	10:28	0.7	5:54	8:08	
7	Fri	4:05	3.1	4:58	3.2	10:45	0.4	11:04	0.8	5:55	8:07	
8	Sat	4:42	2.9	5:33	3.2	11:10	0.5	11:48	0.9	5:56	8:05	
9	Sun	5:25	2.8	6:12	3.2	11:43	0.6			5:57	8:04	
10	Mon	6:15	2.7	6:56	3.3	12:50	0.9	12:29	0.7	5:58	8:03	
11	Tue	7:10	2.7	7:49	3.4	2:07	0.9	1:39	0.8	5:59	8:01	
12	Wed	8:15	2.6	8:54	3.5	3:17	0.8	3:00	0.7	6:00	8:00	
13	Thu	9:32	2.7	10:06	3.7	4:19	0.6	4:09	0.6	6:01	7:59	
14	Fri	10:45	2.9	11:10	3.9	5:14	0.3	5:11	0.4	6:02	7:57	
15	Sat	11:44	3.2			6:07	0.1	6:09	0.1	6:03	7:56	
16	Sun	12:05	4.1	12:37	3.5	6:58	-0.2	7:06	-0.1	6:04	7:55	
17	Mon	12:56	4.2	1:27	3.7	7:48	-0.4	8:01	-0.2	6:05	7:53	
18	Tue	1:47	4.2	2:19	3.9	8:36	-0.5	8:54	-0.2	6:06	7:52	
19	Wed	2:38	4.1	3:11	3.9	9:21	-0.5	9:45	-0.2	6:08	7:50	
20	Thu	3:31	3.9	4:05	3.9	10:06	-0.4	10:37	0.0	6:09	7:49	
21	Fri	4:26	3.7	5:01	3.9	10:52	-0.2	11:32	0.2	6:10	7:47	
22	Sat	5:24	3.4	5:56	3.7	11:41	0.1			6:11	7:46	
23	Sun	6:20	3.2	6:49	3.6	12:33	0.4	12:37	0.4	6:12	7:44	
24	Mon	7:17	3.0	7:43	3.5	1:40	0.6	1:39	0.6	6:13	7:42	
25	Tue	8:15	2.8	8:41	3.3	2:46	0.7	2:42	0.8	6:14	7:41	
26	Wed	9:17	2.8	9:43	3.3	3:46	0.7	3:41	0.8	6:15	7:39	
27	Thu	10:20	2.8	10:42	3.3	4:40	0.6	4:35	0.8	6:16	7:38	
28	Fri	11:14	2.9	11:31	3.4	5:28	0.5	5:23	0.7	6:17	7:36	
29	Sat	11:59	3.1			6:11	0.4	6:09	0.6	6:18	7:35	
30	Sun	12:12	3.5	12:40	3.2	6:52	0.3	6:53	0.5	6:19	7:33	
31	Mon	12:49	3.6	1:17	3.3	7:31	0.3	7:35	0.5	6:20	7:31	