

Poughkeepsie, NY - Nov 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:03	3.0	1:15	3.7	7:38	0.3	8:27	0.2	6:27	4:51	
2	Mon	1:41	2.9	1:55	3.7	8:15	0.4	9:09	0.2	6:28	4:49	
3	Tue	2:29	2.8	2:45	3.6	8:54	0.4	9:57	0.3	6:30	4:48	
4	Wed	3:29	2.8	3:47	3.5	9:40	0.5	10:53	0.4	6:31	4:47	
5	Thu	4:39	2.8	4:56	3.4	10:42	0.6			6:32	4:46	
6	Fri	5:45	2.8	6:01	3.4	12:00	0.4	12:07	0.7	6:33	4:45	
7	Sat	6:46	3.0	7:05	3.4	1:07	0.3	1:26	0.6	6:34	4:43	
8	Sun	7:49	3.2	8:10	3.4	2:06	0.2	2:34	0.4	6:36	4:42	
9	Mon	8:51	3.5	9:13	3.4	3:00	0.0	3:33	0.2	6:37	4:41	
10	Tue	9:48	3.7	10:10	3.5	3:51	-0.2	4:28	0.0	6:38	4:40	
11	Wed	10:38	3.9	11:01	3.5	4:39	-0.3	5:20	-0.2	6:39	4:39	
12	Thu	11:24	4.1	11:49	3.5	5:27	-0.3	6:12	-0.3	6:41	4:38	
13	Fri			12:08	4.1	6:15	-0.3	7:02	-0.3	6:42	4:37	
14	Sat	12:37	3.4	12:52	4.0	7:02	-0.2	7:50	-0.2	6:43	4:36	
15	Sun	1:25	3.2	1:38	3.8	7:47	0.0	8:36	-0.1	6:44	4:35	
16	Mon	2:17	3.1	2:26	3.6	8:31	0.2	9:21	0.1	6:45	4:35	
17	Tue	3:12	2.9	3:18	3.4	9:14	0.4	10:09	0.3	6:47	4:34	
18	Wed	4:09	2.8	4:14	3.2	9:58	0.6	11:00	0.4	6:48	4:33	
19	Thu	5:03	2.7	5:08	3.0	10:50	0.8	11:56	0.6	6:49	4:32	
20	Fri	5:55	2.7	5:58	2.9	11:54	0.9			6:50	4:32	
21	Sat	6:44	2.7	6:47	2.8	12:52	0.6	1:01	1.0	6:51	4:31	
22	Sun	7:33	2.8	7:38	2.7	1:44	0.6	2:02	0.9	6:53	4:30	
23	Mon	8:24	2.9	8:32	2.7	2:30	0.5	2:55	0.8	6:54	4:30	
24	Tue	9:12	3.0	9:24	2.7	3:12	0.4	3:43	0.6	6:55	4:29	
25	Wed	9:56	3.2	10:11	2.8	3:53	0.4	4:28	0.4	6:56	4:28	
26	Thu	10:34	3.4	10:52	2.8	4:32	0.3	5:13	0.2	6:57	4:28	
27	Fri	11:09	3.5	11:30	2.9	5:11	0.2	5:58	0.1	6:58	4:27	
28	Sat	11:44	3.7			5:53	0.2	6:43	0.0	6:59	4:27	
29	Sun	12:08	2.9	12:20	3.7	6:35	0.1	7:28	-0.1	7:00	4:27	
30	Mon	12:48	2.9	1:00	3.7	7:20	0.1	8:13	-0.2	7:02	4:26	