

Poughkeepsie, NY - Feb 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:05	3.0	1:20	3.4	7:32	-0.3	7:59	-0.5	7:08	5:10	
2	Mon	1:46	3.0	2:01	3.2	8:13	-0.2	8:36	-0.4	7:07	5:11	
3	Tue	2:27	3.0	2:42	3.1	8:51	-0.1	9:11	-0.2	7:06	5:12	
4	Wed	3:09	2.9	3:24	2.9	9:29	0.0	9:43	-0.1	7:05	5:14	
5	Thu	3:50	2.8	4:07	2.7	10:07	0.2	10:15	0.1	7:04	5:15	
6	Fri	4:31	2.7	4:51	2.5	10:50	0.4	10:49	0.2	7:03	5:16	
7	Sat	5:11	2.7	5:35	2.4	11:45	0.5	11:33	0.4	7:01	5:17	
8	Sun	5:51	2.6	6:21	2.3			12:53	0.6	7:00	5:19	
9	Mon	6:35	2.6	7:16	2.2	12:37	0.5	1:59	0.6	6:59	5:20	
10	Tue	7:31	2.7	8:21	2.3	1:47	0.4	2:57	0.4	6:58	5:21	
11	Wed	8:37	2.8	9:25	2.4	2:49	0.3	3:49	0.2	6:57	5:22	
12	Thu	9:40	3.0	10:19	2.7	3:44	0.1	4:38	0.0	6:55	5:24	
13	Fri	10:31	3.3	11:05	2.9	4:37	-0.1	5:26	-0.3	6:54	5:25	
14	Sat	11:18	3.5	11:49	3.2	5:28	-0.3	6:12	-0.5	6:53	5:26	
15	Sun			12:02	3.7	6:19	-0.5	6:58	-0.7	6:51	5:27	
16	Mon	12:33	3.4	12:48	3.7	7:09	-0.7	7:43	-0.8	6:50	5:29	
17	Tue	1:20	3.5	1:36	3.7	7:58	-0.8	8:27	-0.8	6:49	5:30	
18	Wed	2:10	3.6	2:28	3.5	8:47	-0.7	9:12	-0.8	6:47	5:31	
19	Thu	3:03	3.6	3:24	3.3	9:37	-0.6	9:59	-0.6	6:46	5:32	
20	Fri	4:00	3.5	4:23	3.1	10:33	-0.4	10:53	-0.4	6:44	5:34	
21	Sat	4:59	3.4	5:23	2.9	11:36	-0.2	11:56	-0.1	6:43	5:35	
22	Sun	5:57	3.3	6:24	2.8			12:44	0.0	6:42	5:36	
23	Mon	6:57	3.2	7:28	2.7	1:04	0.0	1:52	0.1	6:40	5:37	
24	Tue	8:01	3.1	8:36	2.6	2:10	0.1	2:54	0.0	6:39	5:39	
25	Wed	9:07	3.1	9:40	2.7	3:10	0.1	3:50	-0.1	6:37	5:40	
26	Thu	10:06	3.2	10:34	2.9	4:05	0.0	4:40	-0.2	6:36	5:41	
27	Fri	10:55	3.2	11:19	3.0	4:56	-0.1	5:27	-0.2	6:34	5:42	
28	Sat	11:38	3.3			5:43	-0.2	6:10	-0.3	6:32	5:43	
29	Sun	12:00	3.1	12:18	3.3	6:28	-0.2	6:51	-0.3	6:31	5:45	