

Poughkeepsie, NY - May 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	2:13	3.5	2:56	2.9	9:18	0.0	9:09	0.3	5:51	7:53	
2	Sun	2:41	3.4	3:35	2.8	9:54	0.1	9:42	0.4	5:50	7:54	
3	Mon	3:12	3.4	4:17	2.8	10:31	0.2	10:15	0.5	5:49	7:56	
4	Tue	3:51	3.3	5:05	2.8	11:09	0.3	10:54	0.5	5:47	7:57	
5	Wed	4:41	3.2	5:55	2.8	11:56	0.4	11:46	0.6	5:46	7:58	
6	Thu	5:39	3.2	6:47	2.9			12:57	0.4	5:45	7:59	
7	Fri	6:40	3.2	7:41	3.1	1:01	0.6	2:02	0.3	5:44	8:00	
8	Sat	7:43	3.2	8:40	3.3	2:21	0.5	3:02	0.2	5:42	8:01	
9	Sun	8:50	3.2	9:42	3.5	3:30	0.3	3:58	0.0	5:41	8:02	
10	Mon	10:01	3.3	10:42	3.8	4:31	0.1	4:52	-0.1	5:40	8:03	
11	Tue	11:05	3.4	11:36	4.1	5:28	-0.2	5:44	-0.3	5:39	8:04	
12	Wed			12:01	3.5	6:23	-0.4	6:36	-0.4	5:38	8:05	
13	Thu	12:27	4.2	12:54	3.6	7:17	-0.5	7:29	-0.4	5:37	8:06	
14	Fri	1:17	4.3	1:47	3.6	8:10	-0.6	8:21	-0.4	5:36	8:07	
15	Sat	2:08	4.2	2:43	3.5	9:01	-0.6	9:11	-0.3	5:35	8:08	
16	Sun	3:01	4.1	3:40	3.4	9:51	-0.5	10:01	-0.1	5:34	8:09	
17	Mon	3:57	3.9	4:40	3.3	10:40	-0.3	10:52	0.2	5:33	8:10	
18	Tue	4:55	3.6	5:38	3.2	11:32	-0.1	11:48	0.4	5:32	8:11	
19	Wed	5:51	3.4	6:33	3.1			12:27	0.1	5:31	8:12	
20	Thu	6:44	3.2	7:24	3.1	12:49	0.6	1:24	0.3	5:30	8:13	
21	Fri	7:36	3.1	8:14	3.1	1:53	0.7	2:19	0.4	5:30	8:14	
22	Sat	8:28	2.9	9:05	3.1	2:53	0.7	3:10	0.4	5:29	8:15	
23	Sun	9:23	2.8	9:57	3.2	3:48	0.7	3:57	0.4	5:28	8:16	
24	Mon	10:18	2.8	10:45	3.3	4:37	0.6	4:41	0.4	5:27	8:17	
25	Tue	11:08	2.9	11:29	3.4	5:24	0.4	5:22	0.4	5:27	8:18	
26	Wed	11:53	2.9			6:08	0.3	6:04	0.3	5:26	8:18	
27	Thu	12:07	3.5	12:34	3.0	6:52	0.2	6:45	0.3	5:25	8:19	
28	Fri	12:42	3.6	1:14	3.0	7:35	0.1	7:26	0.3	5:25	8:20	
29	Sat	1:15	3.6	1:53	3.0	8:16	0.1	8:07	0.3	5:24	8:21	
30	Sun	1:45	3.6	2:32	3.0	8:57	0.0	8:46	0.3	5:24	8:22	
31	Mon	2:17	3.6	3:13	2.9	9:35	0.0	9:24	0.4	5:23	8:23	