

Poughkeepsie, NY - Jun 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	2:52	3.5	3:57	2.9	10:13	0.1	10:03	0.4	5:23	8:23	
2	Wed	3:35	3.5	4:46	3.0	10:53	0.1	10:46	0.5	5:22	8:24	
3	Thu	4:27	3.4	5:37	3.1	11:37	0.2	11:39	0.5	5:22	8:25	
4	Fri	5:25	3.3	6:29	3.2			12:30	0.2	5:22	8:25	
5	Sat	6:24	3.3	7:21	3.4	12:48	0.6	1:30	0.2	5:21	8:26	
6	Sun	7:24	3.2	8:17	3.5	2:03	0.5	2:31	0.1	5:21	8:27	
7	Mon	8:28	3.2	9:18	3.7	3:11	0.3	3:30	0.0	5:21	8:27	
8	Tue	9:37	3.2	10:20	3.9	4:13	0.1	4:26	-0.1	5:21	8:28	
9	Wed	10:45	3.2	11:17	4.1	5:11	-0.1	5:21	-0.2	5:20	8:29	
10	Thu	11:44	3.3			6:06	-0.2	6:15	-0.2	5:20	8:29	
11	Fri	12:10	4.2	12:39	3.4	7:00	-0.4	7:09	-0.2	5:20	8:30	
12	Sat	1:01	4.2	1:33	3.5	7:53	-0.5	8:02	-0.2	5:20	8:30	
13	Sun	1:51	4.2	2:26	3.4	8:44	-0.5	8:53	-0.1	5:20	8:31	
14	Mon	2:42	4.0	3:21	3.4	9:31	-0.4	9:42	0.0	5:20	8:31	
15	Tue	3:35	3.8	4:17	3.3	10:18	-0.3	10:30	0.2	5:20	8:32	
16	Wed	4:28	3.6	5:12	3.2	11:04	-0.1	11:20	0.5	5:20	8:32	
17	Thu	5:21	3.4	6:03	3.2	11:52	0.1			5:20	8:32	
18	Fri	6:12	3.2	6:51	3.2	12:15	0.7	12:42	0.3	5:20	8:33	
19	Sat	7:00	3.0	7:36	3.1	1:14	0.8	1:33	0.4	5:20	8:33	
20	Sun	7:48	2.9	8:23	3.1	2:14	0.8	2:24	0.5	5:21	8:33	
21	Mon	8:39	2.8	9:12	3.2	3:11	0.8	3:12	0.6	5:21	8:33	
22	Tue	9:34	2.7	10:03	3.3	4:03	0.7	3:59	0.5	5:21	8:33	
23	Wed	10:30	2.7	10:51	3.4	4:51	0.6	4:44	0.5	5:21	8:34	
24	Thu	11:20	2.8	11:34	3.5	5:37	0.5	5:28	0.5	5:22	8:34	
25	Fri			12:05	2.9	6:22	0.3	6:12	0.4	5:22	8:34	
26	Sat	12:12	3.6	12:47	3.0	7:07	0.2	6:56	0.3	5:22	8:34	
27	Sun	12:47	3.7	1:26	3.0	7:51	0.1	7:41	0.3	5:23	8:34	
28	Mon	1:22	3.7	2:06	3.1	8:33	0.0	8:25	0.3	5:23	8:34	
29	Tue	1:58	3.7	2:48	3.1	9:13	-0.1	9:08	0.2	5:24	8:34	
30	Wed	2:38	3.7	3:34	3.2	9:53	-0.1	9:51	0.2	5:24	8:34	