

Poughkeepsie, NY - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:24	3.6	4:23	3.3	10:33	-0.1	10:37	0.3	5:25	8:34	
2	Fri	4:16	3.5	5:16	3.4	11:16	0.0	11:31	0.3	5:25	8:33	
3	Sat	5:13	3.4	6:10	3.5			12:05	0.0	5:26	8:33	
4	Sun	6:12	3.3	7:03	3.6	12:35	0.4	1:03	0.1	5:26	8:33	
5	Mon	7:11	3.2	7:58	3.7	1:46	0.4	2:06	0.1	5:27	8:33	
6	Tue	8:12	3.1	8:58	3.8	2:54	0.4	3:07	0.1	5:27	8:32	
7	Wed	9:21	3.1	10:02	3.8	3:57	0.2	4:07	0.0	5:28	8:32	
8	Thu	10:30	3.1	11:02	4.0	4:55	0.1	5:03	0.0	5:29	8:32	
9	Fri	11:32	3.2	11:56	4.0	5:50	-0.1	5:58	0.0	5:29	8:31	
10	Sat			12:26	3.3	6:43	-0.2	6:52	-0.1	5:30	8:31	
11	Sun	12:46	4.1	1:18	3.4	7:35	-0.3	7:44	0.0	5:31	8:30	
12	Mon	1:34	4.0	2:08	3.4	8:23	-0.3	8:34	0.0	5:32	8:30	
13	Tue	2:22	3.9	2:57	3.4	9:08	-0.3	9:20	0.1	5:32	8:29	
14	Wed	3:10	3.8	3:47	3.3	9:51	-0.2	10:05	0.3	5:33	8:29	
15	Thu	3:58	3.6	4:37	3.3	10:32	0.0	10:50	0.5	5:34	8:28	
16	Fri	4:47	3.4	5:26	3.2	11:13	0.2	11:37	0.6	5:35	8:28	
17	Sat	5:36	3.2	6:12	3.2	11:55	0.4			5:36	8:27	
18	Sun	6:23	3.0	6:55	3.2	12:31	0.8	12:40	0.5	5:37	8:26	
19	Mon	7:09	2.8	7:39	3.1	1:30	0.9	1:30	0.6	5:37	8:26	
20	Tue	7:57	2.7	8:25	3.1	2:30	0.9	2:23	0.7	5:38	8:25	
21	Wed	8:50	2.6	9:16	3.2	3:26	0.9	3:15	0.7	5:39	8:24	
22	Thu	9:49	2.7	10:09	3.3	4:17	0.7	4:06	0.7	5:40	8:23	
23	Fri	10:45	2.7	10:59	3.4	5:05	0.6	4:54	0.6	5:41	8:22	
24	Sat	11:34	2.9	11:42	3.6	5:51	0.4	5:41	0.5	5:42	8:21	
25	Sun			12:18	3.0	6:37	0.2	6:29	0.3	5:43	8:20	
26	Mon	12:21	3.7	12:58	3.2	7:21	0.1	7:17	0.2	5:44	8:19	
27	Tue	12:59	3.8	1:39	3.3	8:05	-0.1	8:04	0.1	5:45	8:19	
28	Wed	1:39	3.9	2:21	3.4	8:47	-0.2	8:51	0.0	5:46	8:18	
29	Thu	2:22	3.9	3:07	3.5	9:28	-0.2	9:37	0.0	5:47	8:16	
30	Fri	3:10	3.8	3:58	3.6	10:09	-0.2	10:26	0.1	5:48	8:15	
31	Sat	4:03	3.6	4:53	3.7	10:53	-0.2	11:19	0.2	5:49	8:14	