

Poughkeepsie, NY - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:01	3.5	5:49	3.7	11:42	0.0			5:50	8:13	
2	Mon	6:01	3.3	6:45	3.7	12:21	0.3	12:40	0.1	5:51	8:12	
3	Tue	7:01	3.2	7:42	3.7	1:30	0.4	1:45	0.2	5:52	8:11	
4	Wed	8:03	3.1	8:43	3.7	2:38	0.4	2:51	0.2	5:53	8:10	
5	Thu	9:11	3.1	9:48	3.7	3:41	0.3	3:52	0.2	5:54	8:09	
6	Fri	10:19	3.1	10:49	3.8	4:40	0.2	4:50	0.2	5:55	8:07	
7	Sat	11:20	3.2	11:43	3.9	5:33	0.0	5:44	0.1	5:56	8:06	
8	Sun			12:12	3.4	6:24	-0.1	6:36	0.1	5:57	8:05	
9	Mon	12:31	3.9	1:00	3.5	7:13	-0.1	7:26	0.1	5:58	8:03	
10	Tue	1:16	3.9	1:45	3.5	7:59	-0.2	8:13	0.1	5:59	8:02	
11	Wed	1:59	3.8	2:29	3.5	8:41	-0.1	8:57	0.2	6:00	8:01	
12	Thu	2:42	3.7	3:12	3.5	9:21	0.0	9:39	0.3	6:01	7:59	
13	Fri	3:26	3.5	3:56	3.4	9:58	0.1	10:20	0.4	6:02	7:58	
14	Sat	4:11	3.3	4:41	3.3	10:33	0.3	11:01	0.6	6:03	7:57	
15	Sun	4:57	3.1	5:26	3.2	11:07	0.4	11:47	0.8	6:04	7:55	
16	Mon	5:44	3.0	6:09	3.2	11:44	0.6			6:05	7:54	
17	Tue	6:31	2.8	6:51	3.1	12:41	0.9	12:27	0.8	6:06	7:52	
18	Wed	7:18	2.7	7:35	3.1	1:44	1.0	1:26	0.9	6:07	7:51	
19	Thu	8:09	2.7	8:23	3.1	2:45	1.0	2:30	0.9	6:08	7:49	
20	Fri	9:07	2.7	9:21	3.2	3:41	0.9	3:29	0.8	6:09	7:48	
21	Sat	10:08	2.8	10:19	3.4	4:32	0.7	4:23	0.7	6:10	7:46	
22	Sun	11:01	3.0	11:09	3.6	5:19	0.5	5:14	0.5	6:11	7:45	
23	Mon	11:46	3.2	11:54	3.8	6:04	0.2	6:04	0.3	6:12	7:43	
24	Tue			12:28	3.5	6:49	0.0	6:53	0.1	6:13	7:42	
25	Wed	12:36	3.9	1:10	3.7	7:34	-0.1	7:44	-0.1	6:14	7:40	
26	Thu	1:19	4.0	1:54	3.9	8:18	-0.3	8:33	-0.2	6:15	7:38	
27	Fri	2:05	4.0	2:41	4.0	9:02	-0.3	9:22	-0.2	6:16	7:37	
28	Sat	2:54	3.9	3:32	4.0	9:45	-0.3	10:11	-0.1	6:17	7:35	
29	Sun	3:49	3.7	4:29	4.0	10:31	-0.2	11:05	0.0	6:18	7:34	
30	Mon	4:49	3.5	5:29	3.9	11:21	0.0			6:19	7:32	
31	Tue	5:52	3.4	6:28	3.8	12:05	0.2	12:21	0.2	6:20	7:30	