

Poughkeepsie, NY - Sep 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:54	3.2	7:28	3.7	1:13	0.4	1:28	0.4	6:21	7:29	
2	Thu	7:56	3.1	8:29	3.7	2:21	0.4	2:36	0.4	6:22	7:27	
3	Fri	9:02	3.1	9:33	3.6	3:24	0.4	3:39	0.4	6:24	7:25	
4	Sat	10:07	3.2	10:34	3.7	4:22	0.3	4:36	0.4	6:25	7:24	
5	Sun	11:06	3.3	11:27	3.7	5:14	0.2	5:29	0.3	6:26	7:22	
6	Mon	11:55	3.5			6:02	0.1	6:18	0.2	6:27	7:20	
7	Tue	12:13	3.8	12:39	3.6	6:47	0.0	7:05	0.2	6:28	7:19	
8	Wed	12:55	3.8	1:19	3.6	7:30	0.0	7:50	0.2	6:29	7:17	
9	Thu	1:35	3.7	1:58	3.6	8:10	0.0	8:33	0.2	6:30	7:15	
10	Fri	2:14	3.6	2:36	3.6	8:47	0.1	9:13	0.3	6:31	7:13	
11	Sat	2:54	3.4	3:14	3.5	9:22	0.2	9:51	0.4	6:32	7:12	
12	Sun	3:35	3.3	3:52	3.4	9:55	0.4	10:29	0.6	6:33	7:10	
13	Mon	4:19	3.1	4:32	3.3	10:26	0.5	11:08	0.7	6:34	7:08	
14	Tue	5:06	2.9	5:13	3.2	10:56	0.7	11:55	0.9	6:35	7:07	
15	Wed	5:54	2.8	5:56	3.2	11:31	0.8			6:36	7:05	
16	Thu	6:43	2.7	6:42	3.1	12:55	1.0	12:22	1.0	6:37	7:03	
17	Fri	7:33	2.7	7:32	3.2	2:02	1.0	1:41	1.0	6:38	7:01	
18	Sat	8:28	2.8	8:30	3.2	3:02	0.9	2:54	0.9	6:39	7:00	
19	Sun	9:27	2.9	9:35	3.4	3:55	0.7	3:54	0.7	6:40	6:58	
20	Mon	10:24	3.2	10:34	3.6	4:44	0.5	4:48	0.5	6:41	6:56	
21	Tue	11:14	3.5	11:26	3.8	5:30	0.2	5:40	0.2	6:42	6:54	
22	Wed	11:59	3.8			6:16	0.0	6:32	0.0	6:43	6:53	
23	Thu	12:13	3.9	12:43	4.0	7:02	-0.2	7:24	-0.2	6:44	6:51	
24	Fri	12:59	4.0	1:28	4.2	7:49	-0.3	8:15	-0.3	6:45	6:49	
25	Sat	1:46	4.0	2:17	4.3	8:35	-0.4	9:06	-0.3	6:46	6:47	
26	Sun	2:38	3.9	3:09	4.2	9:22	-0.3	9:56	-0.3	6:47	6:46	
27	Mon	3:34	3.7	4:07	4.1	10:10	-0.2	10:49	-0.1	6:48	6:44	
28	Tue	4:37	3.5	5:09	4.0	11:02	0.0	11:48	0.1	6:49	6:42	
29	Wed	5:41	3.4	6:11	3.8			12:02	0.3	6:50	6:41	
30	Thu	6:44	3.3	7:11	3.7	12:53	0.3	1:11	0.5	6:51	6:39	