

Poughkeepsie, NY - Oct 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:45	3.2	8:11	3.5	2:00	0.4	2:20	0.6	6:52	6:37	
2	Sat	8:47	3.2	9:12	3.5	3:03	0.4	3:23	0.6	6:53	6:35	
3	Sun	9:49	3.2	10:12	3.5	3:59	0.3	4:20	0.5	6:55	6:34	
4	Mon	10:45	3.4	11:04	3.5	4:49	0.2	5:11	0.4	6:56	6:32	
5	Tue	11:32	3.5	11:50	3.5	5:35	0.2	5:58	0.3	6:57	6:30	
6	Wed			12:14	3.6	6:17	0.1	6:43	0.3	6:58	6:29	
7	Thu	12:31	3.6	12:51	3.7	6:57	0.1	7:26	0.2	6:59	6:27	
8	Fri	1:09	3.5	1:27	3.7	7:36	0.2	8:08	0.2	7:00	6:25	
9	Sat	1:47	3.4	2:01	3.7	8:14	0.2	8:48	0.3	7:01	6:24	
10	Sun	2:25	3.3	2:34	3.6	8:49	0.3	9:26	0.3	7:02	6:22	
11	Mon	3:04	3.2	3:06	3.5	9:22	0.4	10:02	0.5	7:03	6:20	
12	Tue	3:45	3.0	3:38	3.4	9:52	0.5	10:39	0.6	7:04	6:19	
13	Wed	4:30	2.9	4:13	3.3	10:22	0.7	11:19	0.7	7:06	6:17	
14	Thu	5:19	2.8	4:58	3.2	10:56	0.8			7:07	6:16	
15	Fri	6:09	2.7	5:52	3.2	12:10	0.8	11:42 AM	0.9	7:08	6:14	
16	Sat	6:59	2.8	6:48	3.2	1:15	0.8	12:54	1.0	7:09	6:13	
17	Sun	7:51	2.9	7:48	3.2	2:20	0.8	2:19	0.9	7:10	6:11	
18	Mon	8:48	3.0	8:53	3.3	3:17	0.6	3:26	0.7	7:11	6:09	
19	Tue	9:47	3.3	9:59	3.4	4:08	0.4	4:24	0.4	7:12	6:08	
20	Wed	10:42	3.6	10:58	3.6	4:56	0.1	5:19	0.1	7:14	6:06	
21	Thu	11:32	3.9	11:50	3.8	5:44	-0.1	6:12	-0.2	7:15	6:05	
22	Fri			12:19	4.2	6:32	-0.3	7:05	-0.4	7:16	6:03	
23	Sat	12:39	3.8	1:07	4.4	7:22	-0.4	7:58	-0.5	7:17	6:02	
24	Sun	1:29	3.8	1:56	4.4	8:12	-0.4	8:50	-0.5	7:18	6:01	
25	Mon	2:22	3.7	2:49	4.3	9:02	-0.4	9:41	-0.4	7:19	5:59	
26	Tue	3:20	3.6	3:47	4.1	9:52	-0.2	10:33	-0.3	7:21	5:58	
27	Wed	4:23	3.4	4:48	3.9	10:44	0.0	11:29	-0.1	7:22	5:56	
28	Thu	5:28	3.3	5:51	3.7	11:43	0.3			7:23	5:55	
29	Fri	6:29	3.2	6:50	3.5	12:30	0.1	12:49	0.5	7:24	5:54	
30	Sat	7:28	3.2	7:47	3.4	1:34	0.3	1:57	0.6	7:25	5:52	
31	Sun	7:25	3.1	7:44	3.2	1:35	0.3	2:01	0.6	6:27	4:51	