

Poughkeepsie, NY - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:22	3.2	8:41	3.2	2:30	0.3	2:58	0.5	6:28	4:50	
2	Tue	9:16	3.3	9:35	3.2	3:19	0.3	3:48	0.4	6:29	4:49	
3	Wed	10:04	3.4	10:23	3.2	4:03	0.2	4:35	0.3	6:30	4:47	
4	Thu	10:46	3.5	11:05	3.2	4:44	0.2	5:19	0.2	6:31	4:46	
5	Fri	11:24	3.6	11:44	3.2	5:24	0.2	6:02	0.2	6:33	4:45	
6	Sat	11:59	3.6			6:03	0.2	6:44	0.1	6:34	4:44	
7	Sun	12:22	3.2	12:32	3.6	6:41	0.2	7:24	0.1	6:35	4:43	
8	Mon	1:00	3.1	1:03	3.6	7:19	0.2	8:03	0.2	6:36	4:42	
9	Tue	1:38	3.0	1:32	3.5	7:54	0.3	8:40	0.2	6:38	4:41	
10	Wed	2:17	2.9	2:01	3.4	8:28	0.4	9:17	0.3	6:39	4:40	
11	Thu	2:59	2.8	2:36	3.3	9:00	0.5	9:54	0.4	6:40	4:39	
12	Fri	3:46	2.7	3:20	3.2	9:35	0.6	10:37	0.5	6:41	4:38	
13	Sat	4:37	2.7	4:15	3.2	10:19	0.7	11:31	0.5	6:42	4:37	
14	Sun	5:27	2.8	5:15	3.1	11:23	0.7			6:44	4:36	
15	Mon	6:18	2.9	6:14	3.1	12:35	0.5	12:47	0.7	6:45	4:35	
16	Tue	7:12	3.1	7:18	3.1	1:36	0.4	1:59	0.5	6:46	4:34	
17	Wed	8:12	3.3	8:26	3.2	2:32	0.2	3:02	0.3	6:47	4:33	
18	Thu	9:12	3.6	9:32	3.3	3:25	0.0	3:59	0.0	6:48	4:33	
19	Fri	10:08	3.9	10:30	3.5	4:16	-0.2	4:54	-0.3	6:50	4:32	
20	Sat	10:59	4.2	11:23	3.6	5:07	-0.4	5:48	-0.5	6:51	4:31	
21	Sun	11:49	4.3			5:59	-0.5	6:42	-0.6	6:52	4:30	
22	Mon	12:15	3.6	12:40	4.3	6:52	-0.5	7:34	-0.7	6:53	4:30	
23	Tue	1:09	3.5	1:33	4.2	7:44	-0.5	8:25	-0.6	6:54	4:29	
24	Wed	2:06	3.4	2:28	4.0	8:35	-0.3	9:15	-0.5	6:56	4:29	
25	Thu	3:06	3.3	3:27	3.7	9:26	-0.1	10:06	-0.3	6:57	4:28	
26	Fri	4:08	3.2	4:26	3.5	10:21	0.1	11:01	-0.1	6:58	4:28	
27	Sat	5:06	3.1	5:23	3.3	11:21	0.4			6:59	4:27	
28	Sun	6:01	3.0	6:16	3.1	12:00	0.1	12:27	0.5	7:00	4:27	
29	Mon	6:54	3.0	7:09	2.9	12:58	0.2	1:30	0.6	7:01	4:26	
30	Tue	7:46	3.0	8:04	2.8	1:52	0.3	2:28	0.5	7:02	4:26	