

Poughkeepsie, NY - Dec 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:40	3.1	8:59	2.8	2:42	0.3	3:20	0.4	7:03	4:26	
2	Thu	9:30	3.2	9:51	2.8	3:27	0.3	4:08	0.3	7:04	4:26	
3	Fri	10:16	3.3	10:38	2.8	4:10	0.2	4:53	0.2	7:05	4:25	
4	Sat	10:56	3.4	11:20	2.9	4:51	0.2	5:36	0.1	7:06	4:25	
5	Sun	11:33	3.4	11:59	2.9	5:32	0.1	6:19	0.0	7:07	4:25	
6	Mon			12:07	3.5	6:13	0.1	7:01	0.0	7:08	4:25	
7	Tue	12:38	2.9	12:39	3.4	6:53	0.1	7:41	-0.1	7:09	4:25	
8	Wed	1:16	2.8	1:09	3.4	7:32	0.1	8:19	-0.1	7:10	4:25	
9	Thu	1:54	2.8	1:40	3.3	8:08	0.2	8:55	0.0	7:11	4:25	
10	Fri	2:33	2.7	2:15	3.3	8:44	0.2	9:32	0.0	7:12	4:25	
11	Sat	3:17	2.7	2:59	3.2	9:22	0.3	10:11	0.1	7:12	4:25	
12	Sun	4:05	2.8	3:52	3.1	10:05	0.3	10:56	0.1	7:13	4:25	
13	Mon	4:56	2.9	4:50	3.0	11:04	0.4	11:53	0.1	7:14	4:25	
14	Tue	5:48	3.0	5:49	3.0			12:20	0.4	7:15	4:25	
15	Wed	6:43	3.1	6:51	2.9	12:57	0.1	1:35	0.3	7:16	4:26	
16	Thu	7:42	3.3	7:59	2.9	1:59	0.0	2:41	0.1	7:16	4:26	
17	Fri	8:47	3.5	9:10	3.0	2:57	-0.2	3:41	-0.1	7:17	4:26	
18	Sat	9:48	3.7	10:14	3.1	3:53	-0.3	4:38	-0.4	7:17	4:27	
19	Sun	10:44	3.9	11:10	3.2	4:48	-0.5	5:32	-0.6	7:18	4:27	
20	Mon	11:36	4.0			5:42	-0.6	6:26	-0.7	7:19	4:28	
21	Tue	12:04	3.3	12:27	4.0	6:36	-0.6	7:18	-0.8	7:19	4:28	
22	Wed	12:56	3.3	1:18	3.9	7:28	-0.6	8:07	-0.8	7:20	4:29	
23	Thu	1:50	3.3	2:10	3.8	8:18	-0.5	8:54	-0.7	7:20	4:29	
24	Fri	2:45	3.2	3:03	3.6	9:06	-0.3	9:40	-0.5	7:20	4:30	
25	Sat	3:41	3.1	3:57	3.3	9:56	0.0	10:28	-0.3	7:21	4:30	
26	Sun	4:35	3.0	4:50	3.1	10:49	0.2	11:19	0.0	7:21	4:31	
27	Mon	5:27	2.9	5:41	2.9	11:48	0.4			7:21	4:32	
28	Tue	6:15	2.9	6:31	2.7	12:12	0.1	12:51	0.5	7:22	4:32	
29	Wed	7:04	2.8	7:22	2.5	1:06	0.3	1:51	0.5	7:22	4:33	
30	Thu	7:56	2.8	8:18	2.4	1:58	0.3	2:47	0.5	7:22	4:34	
31	Fri	8:50	2.9	9:16	2.4	2:48	0.3	3:37	0.3	7:22	4:35	