

Poughkeepsie, NY - Jan 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:58	2.7	4:47	2.8	11:03	0.4	11:43	0.2	7:22	4:35	
2	Mon	5:45	2.8	5:44	2.8			12:18	0.4	7:22	4:36	
3	Tue	6:36	3.0	6:44	2.7	12:48	0.1	1:36	0.3	7:22	4:37	
4	Wed	7:36	3.1	7:53	2.7	1:54	0.1	2:42	0.1	7:22	4:38	
5	Thu	8:42	3.3	9:07	2.8	2:54	-0.1	3:43	-0.1	7:22	4:39	
6	Fri	9:46	3.6	10:13	3.0	3:52	-0.3	4:39	-0.4	7:22	4:40	
7	Sat	10:43	3.8	11:10	3.2	4:48	-0.5	5:34	-0.6	7:22	4:41	
8	Sun	11:36	4.0			5:43	-0.6	6:27	-0.8	7:22	4:42	
9	Mon	12:04	3.3	12:27	4.0	6:38	-0.7	7:19	-0.9	7:22	4:43	
10	Tue	12:57	3.4	1:20	4.0	7:31	-0.8	8:09	-1.0	7:22	4:44	
11	Wed	1:52	3.4	2:13	3.8	8:22	-0.7	8:56	-0.9	7:21	4:45	
12	Thu	2:48	3.3	3:08	3.6	9:13	-0.5	9:44	-0.7	7:21	4:46	
13	Fri	3:45	3.2	4:04	3.4	10:05	-0.3	10:34	-0.5	7:21	4:47	
14	Sat	4:41	3.1	4:59	3.1	11:01	-0.1	11:27	-0.3	7:20	4:48	
15	Sun	5:34	3.0	5:51	2.9			12:02	0.2	7:20	4:49	
16	Mon	6:24	2.9	6:43	2.7	12:23	0.0	1:06	0.3	7:19	4:51	
17	Tue	7:16	2.9	7:38	2.5	1:20	0.1	2:07	0.3	7:19	4:52	
18	Wed	8:11	2.8	8:36	2.5	2:14	0.2	3:02	0.3	7:18	4:53	
19	Thu	9:07	2.9	9:34	2.5	3:04	0.2	3:53	0.2	7:18	4:54	
20	Fri	9:59	3.0	10:25	2.6	3:52	0.2	4:40	0.1	7:17	4:55	
21	Sat	10:45	3.1	11:10	2.7	4:37	0.1	5:24	0.0	7:17	4:57	
22	Sun	11:25	3.2	11:51	2.8	5:21	0.0	6:07	-0.1	7:16	4:58	
23	Mon			12:02	3.2	6:04	-0.1	6:48	-0.2	7:15	4:59	
24	Tue	12:30	2.8	12:36	3.2	6:46	-0.1	7:27	-0.3	7:14	5:00	
25	Wed	1:08	2.8	1:08	3.2	7:26	-0.1	8:04	-0.3	7:14	5:02	
26	Thu	1:43	2.8	1:38	3.2	8:03	-0.1	8:38	-0.3	7:13	5:03	
27	Fri	2:18	2.8	2:09	3.1	8:39	-0.1	9:11	-0.2	7:12	5:04	
28	Sat	2:53	2.8	2:46	3.0	9:15	0.0	9:43	-0.2	7:11	5:05	
29	Sun	3:33	2.9	3:31	2.9	9:54	0.0	10:18	-0.1	7:10	5:07	
30	Mon	4:19	2.9	4:23	2.8	10:42	0.1	11:03	0.0	7:09	5:08	
31	Tue	5:10	3.0	5:21	2.7	11:50	0.2			7:08	5:09	