

Poughkeepsie, NY - May 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:32	3.3	9:13	3.3	2:52	0.3	3:23	0.0	5:52	7:53	
2	Tue	9:36	3.3	10:14	3.4	3:54	0.2	4:18	-0.1	5:50	7:54	
3	Wed	10:37	3.3	11:09	3.6	4:51	0.1	5:09	-0.1	5:49	7:55	
4	Thu	11:31	3.3	11:56	3.7	5:43	0.0	5:56	-0.2	5:48	7:56	
5	Fri			12:18	3.4	6:33	-0.1	6:42	-0.1	5:47	7:57	
6	Sat	12:38	3.8	1:02	3.4	7:20	-0.2	7:26	-0.1	5:45	7:58	
7	Sun	1:18	3.8	1:46	3.3	8:05	-0.2	8:08	0.0	5:44	7:59	
8	Mon	1:57	3.7	2:29	3.2	8:48	-0.2	8:48	0.1	5:43	8:00	
9	Tue	2:36	3.6	3:14	3.1	9:29	-0.1	9:26	0.3	5:42	8:01	
10	Wed	3:15	3.5	4:01	3.0	10:08	0.1	10:02	0.4	5:41	8:02	
11	Thu	3:56	3.3	4:51	2.9	10:48	0.2	10:38	0.6	5:40	8:04	
12	Fri	4:40	3.1	5:41	2.8	11:30	0.4	11:17	0.8	5:39	8:05	
13	Sat	5:26	3.0	6:28	2.8			12:17	0.5	5:37	8:06	
14	Sun	6:11	2.9	7:13	2.8	12:06	0.9	1:11	0.6	5:36	8:07	
15	Mon	6:56	2.8	7:59	2.8	1:14	1.0	2:07	0.6	5:35	8:08	
16	Tue	7:44	2.8	8:47	2.9	2:23	0.9	3:00	0.5	5:34	8:09	
17	Wed	8:40	2.8	9:38	3.1	3:23	0.8	3:49	0.4	5:34	8:10	
18	Thu	9:42	2.9	10:27	3.3	4:17	0.5	4:35	0.3	5:33	8:11	
19	Fri	10:41	3.0	11:13	3.6	5:08	0.3	5:21	0.1	5:32	8:12	
20	Sat	11:32	3.2	11:57	3.9	5:58	0.0	6:07	0.0	5:31	8:13	
21	Sun			12:20	3.3	6:48	-0.2	6:56	-0.1	5:30	8:13	
22	Mon	12:41	4.1	1:08	3.4	7:39	-0.4	7:45	-0.2	5:29	8:14	
23	Tue	1:27	4.2	1:58	3.4	8:30	-0.5	8:36	-0.3	5:28	8:15	
24	Wed	2:17	4.2	2:54	3.4	9:19	-0.5	9:26	-0.2	5:28	8:16	
25	Thu	3:12	4.1	3:54	3.4	10:09	-0.5	10:18	-0.1	5:27	8:17	
26	Fri	4:12	4.0	4:58	3.4	11:01	-0.4	11:15	0.1	5:26	8:18	
27	Sat	5:15	3.8	6:00	3.4	11:57	-0.3			5:26	8:19	
28	Sun	6:16	3.6	6:58	3.4	12:18	0.2	12:58	-0.1	5:25	8:20	
29	Mon	7:14	3.5	7:54	3.4	1:27	0.3	1:59	0.0	5:25	8:21	
30	Tue	8:11	3.3	8:52	3.4	2:34	0.4	2:57	0.0	5:24	8:21	
31	Wed	9:11	3.2	9:49	3.5	3:35	0.3	3:51	0.0	5:23	8:22	