

Poughkeepsie, NY - Jun 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:11	3.1	10:43	3.6	4:31	0.2	4:41	0.0	5:23	8:23	
2	Fri	11:06	3.1	11:31	3.7	5:22	0.1	5:28	0.1	5:23	8:24	
3	Sat	11:55	3.1			6:11	0.1	6:13	0.1	5:22	8:24	
4	Sun	12:14	3.7	12:39	3.2	6:58	0.0	6:57	0.2	5:22	8:25	
5	Mon	12:53	3.7	1:22	3.1	7:43	0.0	7:39	0.2	5:21	8:26	
6	Tue	1:31	3.7	2:05	3.1	8:25	0.0	8:21	0.3	5:21	8:27	
7	Wed	2:09	3.6	2:49	3.0	9:06	0.0	9:00	0.4	5:21	8:27	
8	Thu	2:46	3.5	3:35	3.0	9:44	0.1	9:37	0.5	5:21	8:28	
9	Fri	3:24	3.4	4:22	2.9	10:22	0.2	10:13	0.6	5:20	8:28	
10	Sat	4:02	3.2	5:09	2.9	10:59	0.3	10:49	0.7	5:20	8:29	
11	Sun	4:42	3.1	5:54	2.9	11:37	0.4	11:30	0.8	5:20	8:29	
12	Mon	5:25	3.0	6:35	2.9			12:20	0.5	5:20	8:30	
13	Tue	6:09	3.0	7:14	3.0	12:25	0.9	1:11	0.5	5:20	8:30	
14	Wed	6:56	2.9	7:56	3.1	1:35	0.9	2:05	0.5	5:20	8:31	
15	Thu	7:48	2.9	8:45	3.3	2:42	0.8	3:00	0.4	5:20	8:31	
16	Fri	8:50	2.9	9:40	3.5	3:43	0.6	3:52	0.3	5:20	8:32	
17	Sat	9:57	3.0	10:36	3.7	4:38	0.3	4:44	0.2	5:20	8:32	
18	Sun	11:01	3.1	11:29	4.0	5:32	0.1	5:36	0.0	5:20	8:32	
19	Mon	11:56	3.3			6:26	-0.2	6:30	-0.1	5:20	8:33	
20	Tue	12:20	4.2	12:50	3.4	7:19	-0.4	7:24	-0.2	5:20	8:33	
21	Wed	1:10	4.3	1:44	3.5	8:12	-0.5	8:19	-0.3	5:21	8:33	
22	Thu	2:03	4.3	2:41	3.5	9:03	-0.6	9:12	-0.3	5:21	8:33	
23	Fri	2:59	4.2	3:41	3.6	9:52	-0.6	10:05	-0.2	5:21	8:34	
24	Sat	3:59	4.0	4:43	3.6	10:43	-0.5	11:00	0.0	5:21	8:34	
25	Sun	4:59	3.9	5:43	3.6	11:36	-0.4			5:22	8:34	
26	Mon	5:58	3.7	6:39	3.5	12:00	0.2	12:32	-0.2	5:22	8:34	
27	Tue	6:53	3.5	7:32	3.5	1:05	0.3	1:30	0.0	5:22	8:34	
28	Wed	7:47	3.3	8:25	3.5	2:10	0.4	2:27	0.1	5:23	8:34	
29	Thu	8:43	3.1	9:20	3.5	3:12	0.4	3:21	0.2	5:23	8:34	
30	Fri	9:42	3.0	10:14	3.5	4:08	0.4	4:12	0.3	5:24	8:34	