

Poughkeepsie, NY - Jul 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:39	3.0	11:04	3.5	4:59	0.3	4:59	0.3	5:24	8:34	
2	Sun	11:30	3.0	11:49	3.6	5:47	0.3	5:44	0.3	5:25	8:34	
3	Mon			12:16	3.0	6:33	0.2	6:28	0.3	5:25	8:33	
4	Tue	12:30	3.6	12:59	3.1	7:18	0.1	7:12	0.4	5:26	8:33	
5	Wed	1:08	3.6	1:41	3.1	8:00	0.1	7:55	0.4	5:27	8:33	
6	Thu	1:45	3.6	2:23	3.1	8:41	0.1	8:36	0.4	5:27	8:33	
7	Fri	2:21	3.5	3:06	3.0	9:18	0.1	9:14	0.5	5:28	8:32	
8	Sat	2:55	3.4	3:49	3.0	9:54	0.1	9:50	0.5	5:28	8:32	
9	Sun	3:28	3.3	4:31	3.0	10:28	0.2	10:26	0.6	5:29	8:32	
10	Mon	4:03	3.2	5:12	3.0	11:02	0.3	11:03	0.7	5:30	8:31	
11	Tue	4:43	3.1	5:51	3.1	11:36	0.4	11:49	0.8	5:31	8:31	
12	Wed	5:29	3.1	6:30	3.2			12:16	0.4	5:31	8:30	
13	Thu	6:20	3.0	7:13	3.3	12:52	0.8	1:10	0.5	5:32	8:30	
14	Fri	7:14	3.0	8:03	3.4	2:05	0.7	2:13	0.4	5:33	8:29	
15	Sat	8:15	3.0	9:03	3.6	3:12	0.6	3:16	0.3	5:34	8:29	
16	Sun	9:25	3.0	10:07	3.8	4:13	0.4	4:16	0.2	5:35	8:28	
17	Mon	10:36	3.1	11:08	4.0	5:10	0.1	5:14	0.0	5:35	8:27	
18	Tue	11:38	3.3			6:05	-0.1	6:11	-0.1	5:36	8:27	
19	Wed	12:03	4.2	12:34	3.5	6:59	-0.4	7:08	-0.2	5:37	8:26	
20	Thu	12:56	4.3	1:29	3.7	7:52	-0.5	8:03	-0.3	5:38	8:25	
21	Fri	1:49	4.3	2:24	3.7	8:43	-0.6	8:57	-0.3	5:39	8:24	
22	Sat	2:44	4.2	3:22	3.7	9:32	-0.6	9:49	-0.2	5:40	8:24	
23	Sun	3:40	4.1	4:20	3.7	10:20	-0.5	10:42	-0.1	5:41	8:23	
24	Mon	4:38	3.9	5:17	3.7	11:10	-0.3	11:38	0.2	5:42	8:22	
25	Tue	5:34	3.6	6:12	3.6			12:01	-0.1	5:42	8:21	
26	Wed	6:29	3.4	7:04	3.5	12:38	0.4	12:57	0.1	5:43	8:20	
27	Thu	7:21	3.2	7:54	3.5	1:42	0.5	1:54	0.3	5:44	8:19	
28	Fri	8:15	3.0	8:47	3.4	2:44	0.6	2:49	0.4	5:45	8:18	
29	Sat	9:12	2.9	9:42	3.4	3:41	0.6	3:42	0.5	5:46	8:17	
30	Sun	10:10	2.9	10:36	3.4	4:33	0.5	4:31	0.5	5:47	8:16	
31	Mon	11:04	2.9	11:24	3.5	5:21	0.4	5:17	0.5	5:48	8:15	