

Poughkeepsie, NY - Aug 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	11:52	3.0			6:06	0.4	6:02	0.5	5:49	8:14	
2	Wed	12:06	3.6	12:35	3.1	6:50	0.3	6:46	0.4	5:50	8:13	
3	Thu	12:45	3.6	1:16	3.2	7:32	0.2	7:29	0.4	5:51	8:11	
4	Fri	1:21	3.6	1:55	3.2	8:12	0.1	8:11	0.4	5:52	8:10	
5	Sat	1:55	3.6	2:33	3.2	8:49	0.1	8:51	0.4	5:53	8:09	
6	Sun	2:27	3.5	3:10	3.2	9:24	0.1	9:28	0.4	5:54	8:08	
7	Mon	2:57	3.4	3:46	3.2	9:57	0.2	10:04	0.5	5:55	8:07	
8	Tue	3:30	3.3	4:23	3.2	10:28	0.3	10:41	0.6	5:56	8:05	
9	Wed	4:10	3.2	5:04	3.3	11:00	0.3	11:24	0.6	5:57	8:04	
10	Thu	4:59	3.1	5:50	3.4	11:37	0.4			5:58	8:03	
11	Fri	5:54	3.1	6:40	3.5	12:22	0.7	12:28	0.5	5:59	8:01	
12	Sat	6:52	3.0	7:35	3.6	1:36	0.7	1:39	0.5	6:00	8:00	
13	Sun	7:55	3.0	8:38	3.7	2:48	0.6	2:53	0.4	6:01	7:59	
14	Mon	9:07	3.1	9:47	3.8	3:52	0.4	3:59	0.3	6:02	7:57	
15	Tue	10:21	3.2	10:52	4.0	4:50	0.1	4:59	0.1	6:03	7:56	
16	Wed	11:25	3.5	11:50	4.2	5:45	-0.1	5:57	-0.1	6:05	7:54	
17	Thu			12:20	3.7	6:39	-0.3	6:53	-0.2	6:06	7:53	
18	Fri	12:43	4.3	1:13	3.9	7:31	-0.5	7:48	-0.3	6:07	7:52	
19	Sat	1:34	4.3	2:05	3.9	8:21	-0.6	8:40	-0.3	6:08	7:50	
20	Sun	2:25	4.2	2:57	3.9	9:08	-0.5	9:31	-0.2	6:09	7:49	
21	Mon	3:18	4.0	3:51	3.9	9:54	-0.4	10:20	0.0	6:10	7:47	
22	Tue	4:12	3.8	4:45	3.8	10:40	-0.2	11:12	0.2	6:11	7:46	
23	Wed	5:07	3.6	5:39	3.6	11:28	0.1			6:12	7:44	
24	Thu	6:02	3.3	6:30	3.5	12:08	0.4	12:19	0.4	6:13	7:42	
25	Fri	6:54	3.1	7:20	3.4	1:09	0.6	1:15	0.6	6:14	7:41	
26	Sat	7:47	3.0	8:12	3.3	2:11	0.7	2:13	0.7	6:15	7:39	
27	Sun	8:42	2.9	9:07	3.3	3:10	0.7	3:10	0.8	6:16	7:38	
28	Mon	9:40	2.9	10:03	3.3	4:03	0.7	4:02	0.8	6:17	7:36	
29	Tue	10:36	2.9	10:55	3.4	4:51	0.6	4:50	0.7	6:18	7:34	
30	Wed	11:25	3.1	11:40	3.5	5:36	0.5	5:36	0.6	6:19	7:33	
31	Thu			12:08	3.2	6:18	0.4	6:20	0.5	6:20	7:31	