

Poughkeepsie, NY - Oct 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:24	3.5	12:50	3.6	7:02	0.2	7:19	0.2	6:52	6:38	
2	Mon	12:58	3.6	1:22	3.7	7:41	0.1	8:02	0.2	6:53	6:36	
3	Tue	1:30	3.6	1:55	3.8	8:19	0.1	8:44	0.1	6:54	6:35	
4	Wed	2:05	3.5	2:29	3.8	8:56	0.1	9:25	0.1	6:55	6:33	
5	Thu	2:45	3.4	3:10	3.8	9:33	0.1	10:08	0.2	6:56	6:31	
6	Fri	3:31	3.3	4:00	3.8	10:12	0.2	10:56	0.3	6:57	6:29	
7	Sat	4:29	3.2	4:59	3.7	10:57	0.4	11:53	0.4	6:58	6:28	
8	Sun	5:35	3.1	6:03	3.7	11:56	0.5			6:59	6:26	
9	Mon	6:41	3.1	7:07	3.6	1:02	0.4	1:14	0.6	7:01	6:25	
10	Tue	7:45	3.2	8:12	3.6	2:12	0.4	2:30	0.5	7:02	6:23	
11	Wed	8:52	3.3	9:19	3.6	3:15	0.3	3:36	0.4	7:03	6:21	
12	Thu	9:59	3.5	10:24	3.7	4:12	0.1	4:36	0.2	7:04	6:20	
13	Fri	10:58	3.7	11:20	3.8	5:05	-0.1	5:31	0.0	7:05	6:18	
14	Sat	11:49	3.9			5:55	-0.2	6:23	-0.1	7:06	6:16	
15	Sun	12:10	3.9	12:36	4.0	6:43	-0.3	7:14	-0.2	7:07	6:15	
16	Mon	12:57	3.9	1:20	4.1	7:30	-0.3	8:03	-0.2	7:08	6:13	
17	Tue	1:43	3.8	2:03	4.0	8:15	-0.2	8:50	-0.2	7:10	6:12	
18	Wed	2:29	3.6	2:47	3.9	8:58	-0.1	9:34	0.0	7:11	6:10	
19	Thu	3:17	3.4	3:33	3.7	9:39	0.1	10:18	0.2	7:12	6:09	
20	Fri	4:08	3.2	4:21	3.5	10:18	0.4	11:04	0.4	7:13	6:07	
21	Sat	5:02	3.0	5:12	3.3	10:59	0.6	11:54	0.6	7:14	6:06	
22	Sun	5:55	2.9	6:04	3.2	11:46	0.8			7:15	6:04	
23	Mon	6:47	2.8	6:54	3.1	12:50	0.7	12:45	1.0	7:16	6:03	
24	Tue	7:38	2.8	7:44	3.0	1:50	0.8	1:51	1.0	7:18	6:01	
25	Wed	8:30	2.8	8:37	3.0	2:46	0.8	2:53	1.0	7:19	6:00	
26	Thu	9:24	2.9	9:33	3.0	3:36	0.7	3:47	0.8	7:20	5:58	
27	Fri	10:15	3.1	10:25	3.1	4:21	0.5	4:37	0.7	7:21	5:57	
28	Sat	11:00	3.3	11:11	3.2	5:03	0.4	5:22	0.5	7:22	5:56	
29	Sun	10:40	3.5	10:50	3.3	4:44	0.2	5:07	0.3	6:24	4:54	
30	Mon	11:15	3.7	11:28	3.4	5:25	0.1	5:52	0.1	6:25	4:53	
31	Tue	11:50	3.8			6:06	0.0	6:38	-0.1	6:26	4:52	