

Poughkeepsie, NY - Jan 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:05	3.3	2:26	3.9	8:37	-0.6	9:15	-0.8	7:22	4:35	
2	Tue	3:04	3.3	3:25	3.7	9:29	-0.5	10:06	-0.7	7:22	4:36	
3	Wed	4:05	3.2	4:25	3.5	10:25	-0.3	11:00	-0.5	7:22	4:37	
4	Thu	5:04	3.2	5:23	3.3	11:29	-0.1	11:59	-0.4	7:22	4:38	
5	Fri	6:01	3.2	6:19	3.1			12:36	0.1	7:22	4:39	
6	Sat	6:57	3.1	7:16	2.9	1:00	-0.2	1:42	0.1	7:22	4:40	
7	Sun	7:54	3.1	8:17	2.7	1:58	-0.1	2:43	0.1	7:22	4:41	
8	Mon	8:53	3.1	9:18	2.7	2:53	-0.1	3:38	0.0	7:22	4:42	
9	Tue	9:48	3.2	10:13	2.7	3:44	-0.1	4:29	-0.1	7:22	4:43	
10	Wed	10:37	3.2	11:01	2.8	4:31	-0.1	5:17	-0.1	7:22	4:44	
11	Thu	11:20	3.3	11:44	2.8	5:16	-0.1	6:02	-0.2	7:21	4:45	
12	Fri	11:59	3.3			6:01	-0.1	6:46	-0.3	7:21	4:46	
13	Sat	12:26	2.8	12:37	3.3	6:43	-0.1	7:26	-0.3	7:21	4:47	
14	Sun	1:07	2.8	1:14	3.2	7:24	-0.1	8:04	-0.3	7:20	4:48	
15	Mon	1:48	2.8	1:49	3.1	8:02	0.0	8:40	-0.2	7:20	4:49	
16	Tue	2:29	2.7	2:23	3.0	8:38	0.0	9:14	-0.1	7:20	4:50	
17	Wed	3:09	2.7	2:57	2.9	9:12	0.1	9:46	0.0	7:19	4:52	
18	Thu	3:50	2.6	3:31	2.8	9:45	0.3	10:18	0.1	7:19	4:53	
19	Fri	4:29	2.6	4:11	2.7	10:23	0.4	10:52	0.2	7:18	4:54	
20	Sat	5:07	2.7	4:57	2.6	11:14	0.5	11:39	0.2	7:17	4:55	
21	Sun	5:49	2.7	5:49	2.5			12:28	0.5	7:17	4:56	
22	Mon	6:37	2.8	6:47	2.5	12:44	0.3	1:44	0.4	7:16	4:58	
23	Tue	7:35	3.0	7:56	2.5	1:53	0.2	2:49	0.2	7:15	4:59	
24	Wed	8:42	3.1	9:11	2.6	2:55	0.0	3:47	-0.1	7:15	5:00	
25	Thu	9:46	3.4	10:15	2.8	3:53	-0.2	4:42	-0.3	7:14	5:01	
26	Fri	10:43	3.7	11:11	3.1	4:49	-0.4	5:35	-0.6	7:13	5:02	
27	Sat	11:35	3.9			5:44	-0.6	6:28	-0.8	7:12	5:04	
28	Sun	12:03	3.3	12:26	4.0	6:39	-0.8	7:18	-1.0	7:11	5:05	
29	Mon	12:55	3.4	1:18	3.9	7:32	-0.8	8:07	-1.0	7:10	5:06	
30	Tue	1:49	3.5	2:12	3.8	8:23	-0.8	8:54	-1.0	7:10	5:08	
31	Wed	2:44	3.4	3:07	3.6	9:14	-0.7	9:42	-0.8	7:09	5:09	