

Poughkeepsie, NY - Apr 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:35	3.5	4:11	3.1	10:13	-0.1	10:20	0.1	5:39	6:20	
2	Mon	4:27	3.3	5:05	2.9	11:07	0.1	11:11	0.4	5:37	6:21	
3	Tue	5:19	3.1	5:58	2.8			12:06	0.3	5:35	6:22	
4	Wed	6:11	2.9	6:51	2.7	12:11	0.6	1:08	0.5	5:34	6:23	
5	Thu	7:05	2.8	7:47	2.6	1:15	0.7	2:06	0.5	5:32	6:24	
6	Fri	8:03	2.8	8:45	2.7	2:15	0.7	2:59	0.4	5:30	6:25	
7	Sat	9:03	2.8	9:39	2.9	3:09	0.6	3:45	0.4	5:29	6:26	
8	Sun	9:56	2.9	10:25	3.0	3:58	0.5	4:28	0.2	5:27	6:28	
9	Mon	10:41	3.0	11:06	3.2	4:43	0.3	5:10	0.1	5:25	6:29	
10	Tue	11:20	3.1	11:42	3.3	5:27	0.2	5:49	0.0	5:24	6:30	
11	Wed	11:56	3.2			6:10	0.0	6:28	0.0	5:22	6:31	
12	Thu	12:15	3.4	12:29	3.2	6:52	-0.1	7:06	0.0	5:20	6:32	
13	Fri	12:46	3.5	1:02	3.2	7:32	-0.2	7:42	0.0	5:19	6:33	
14	Sat	1:17	3.5	1:37	3.1	8:12	-0.2	8:17	0.0	5:17	6:34	
15	Sun	1:51	3.5	2:17	3.0	8:51	-0.1	8:53	0.1	5:16	6:35	
16	Mon	2:31	3.5	3:05	3.0	9:33	-0.1	9:31	0.2	5:14	6:36	
17	Tue	3:21	3.5	4:02	2.9	10:20	0.0	10:19	0.3	5:12	6:37	
18	Wed	4:20	3.4	5:05	2.9	11:20	0.2	11:26	0.4	5:11	6:38	
19	Thu	5:24	3.4	6:07	2.9			12:30	0.2	5:09	6:40	
20	Fri	6:28	3.3	7:12	3.0	12:48	0.4	1:37	0.1	5:08	6:41	
21	Sat	7:36	3.3	8:19	3.2	2:01	0.3	2:39	0.0	5:06	6:42	
22	Sun	8:46	3.4	9:24	3.4	3:06	0.1	3:34	-0.2	5:05	6:43	
23	Mon	9:50	3.5	10:21	3.7	4:04	-0.1	4:27	-0.3	5:03	6:44	
24	Tue	10:45	3.6	11:11	3.9	4:59	-0.3	5:17	-0.4	5:02	6:45	
25	Wed	11:36	3.7	11:58	4.0	5:51	-0.4	6:06	-0.5	5:00	6:46	
26	Thu			12:24	3.6	6:43	-0.5	6:54	-0.4	4:59	6:47	
27	Fri	12:43	4.0	1:12	3.6	7:31	-0.5	7:40	-0.3	4:58	6:48	
28	Sat	1:28	3.9	2:02	3.4	8:18	-0.4	8:23	-0.2	4:56	6:49	
29	Sun	3:14	3.7	3:53	3.2	10:03	-0.3	10:06	0.1	5:55	7:50	
30	Mon	4:02	3.5	4:46	3.1	10:48	-0.1	10:48	0.3	5:53	7:52	