

Poughkeepsie, NY - Jun 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:57	3.0	6:49	2.9			12:41	0.5	5:23	8:23	
2	Sat	6:43	2.9	7:34	2.9	12:47	0.9	1:34	0.6	5:23	8:24	
3	Sun	7:28	2.8	8:20	3.0	1:51	1.0	2:26	0.6	5:22	8:24	
4	Mon	8:16	2.8	9:08	3.0	2:51	0.9	3:15	0.6	5:22	8:25	
5	Tue	9:10	2.8	9:58	3.2	3:45	0.8	4:01	0.5	5:22	8:26	
6	Wed	10:08	2.8	10:44	3.4	4:35	0.6	4:45	0.4	5:21	8:26	
7	Thu	11:00	2.9	11:26	3.6	5:23	0.4	5:28	0.3	5:21	8:27	
8	Fri	11:46	3.0			6:11	0.2	6:13	0.2	5:21	8:28	
9	Sat	12:05	3.8	12:29	3.1	6:59	0.0	6:59	0.1	5:20	8:28	
10	Sun	12:45	3.9	1:13	3.2	7:47	-0.2	7:48	0.0	5:20	8:29	
11	Mon	1:27	4.0	2:01	3.3	8:34	-0.3	8:36	0.0	5:20	8:29	
12	Tue	2:14	4.0	2:53	3.3	9:21	-0.4	9:25	0.0	5:20	8:30	
13	Wed	3:07	4.0	3:51	3.3	10:08	-0.4	10:15	0.0	5:20	8:30	
14	Thu	4:05	3.9	4:53	3.3	10:58	-0.3	11:10	0.1	5:20	8:31	
15	Fri	5:07	3.7	5:54	3.4	11:52	-0.2			5:20	8:31	
16	Sat	6:08	3.6	6:51	3.5	12:14	0.3	12:51	-0.1	5:20	8:32	
17	Sun	7:06	3.5	7:47	3.5	1:23	0.3	1:51	-0.1	5:20	8:32	
18	Mon	8:04	3.3	8:44	3.6	2:30	0.3	2:50	0.0	5:20	8:32	
19	Tue	9:05	3.2	9:43	3.6	3:33	0.3	3:46	0.0	5:20	8:33	
20	Wed	10:07	3.2	10:40	3.7	4:31	0.2	4:38	0.0	5:20	8:33	
21	Thu	11:05	3.2	11:31	3.8	5:24	0.1	5:28	0.0	5:21	8:33	
22	Fri	11:57	3.2			6:15	0.0	6:16	0.1	5:21	8:33	
23	Sat	12:17	3.8	12:45	3.2	7:04	-0.1	7:04	0.1	5:21	8:34	
24	Sun	12:59	3.8	1:31	3.2	7:51	-0.1	7:49	0.2	5:21	8:34	
25	Mon	1:41	3.8	2:16	3.2	8:36	-0.1	8:33	0.3	5:22	8:34	
26	Tue	2:22	3.7	3:03	3.1	9:17	0.0	9:14	0.4	5:22	8:34	
27	Wed	3:04	3.5	3:51	3.1	9:57	0.1	9:54	0.5	5:22	8:34	
28	Thu	3:47	3.4	4:39	3.0	10:35	0.2	10:32	0.6	5:23	8:34	
29	Fri	4:31	3.2	5:27	3.0	11:14	0.3	11:13	0.8	5:23	8:34	
30	Sat	5:16	3.1	6:11	3.0	11:54	0.4			5:24	8:34	