

Poughkeepsie, NY - Jul 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:58	3.0	6:53	3.0	12:00	0.9	12:38	0.5	5:24	8:34	
2	Mon	6:39	2.9	7:33	3.0	12:59	1.0	1:28	0.6	5:25	8:34	
3	Tue	7:22	2.8	8:15	3.1	2:03	0.9	2:20	0.6	5:25	8:33	
4	Wed	8:11	2.8	9:02	3.2	3:04	0.8	3:11	0.6	5:26	8:33	
5	Thu	9:11	2.8	9:55	3.4	3:59	0.7	4:02	0.5	5:26	8:33	
6	Fri	10:15	2.8	10:47	3.6	4:51	0.4	4:51	0.3	5:27	8:33	
7	Sat	11:13	3.0	11:35	3.9	5:42	0.2	5:41	0.2	5:28	8:32	
8	Sun			12:04	3.2	6:33	0.0	6:33	0.1	5:28	8:32	
9	Mon	12:23	4.1	12:53	3.3	7:24	-0.2	7:26	-0.1	5:29	8:32	
10	Tue	1:11	4.2	1:44	3.4	8:14	-0.4	8:20	-0.2	5:30	8:31	
11	Wed	2:01	4.2	2:38	3.5	9:02	-0.5	9:12	-0.2	5:30	8:31	
12	Thu	2:55	4.1	3:36	3.6	9:50	-0.5	10:04	-0.1	5:31	8:30	
13	Fri	3:53	4.0	4:36	3.6	10:39	-0.5	10:58	0.0	5:32	8:30	
14	Sat	4:53	3.8	5:36	3.6	11:30	-0.3	11:58	0.2	5:33	8:29	
15	Sun	5:52	3.7	6:32	3.7			12:26	-0.2	5:33	8:29	
16	Mon	6:49	3.5	7:27	3.6	1:04	0.3	1:25	0.0	5:34	8:28	
17	Tue	7:45	3.3	8:22	3.6	2:10	0.4	2:25	0.1	5:35	8:27	
18	Wed	8:44	3.1	9:20	3.6	3:13	0.4	3:22	0.2	5:36	8:27	
19	Thu	9:46	3.1	10:18	3.6	4:11	0.3	4:15	0.2	5:37	8:26	
20	Fri	10:45	3.1	11:10	3.6	5:05	0.2	5:06	0.3	5:38	8:25	
21	Sat	11:38	3.1	11:57	3.7	5:55	0.2	5:54	0.3	5:39	8:25	
22	Sun			12:25	3.2	6:42	0.1	6:40	0.3	5:40	8:24	
23	Mon	12:39	3.7	1:09	3.2	7:28	0.1	7:26	0.3	5:40	8:23	
24	Tue	1:19	3.7	1:52	3.2	8:10	0.0	8:09	0.3	5:41	8:22	
25	Wed	1:58	3.6	2:35	3.2	8:50	0.1	8:50	0.4	5:42	8:21	
26	Thu	2:37	3.5	3:18	3.2	9:28	0.1	9:29	0.4	5:43	8:20	
27	Fri	3:15	3.4	4:02	3.1	10:03	0.2	10:05	0.6	5:44	8:19	
28	Sat	3:53	3.3	4:45	3.1	10:37	0.3	10:42	0.7	5:45	8:18	
29	Sun	4:30	3.1	5:26	3.1	11:09	0.4	11:21	0.8	5:46	8:17	
30	Mon	5:09	3.0	6:05	3.1	11:42	0.5			5:47	8:16	
31	Tue	5:51	2.9	6:43	3.1	12:08	0.9	12:22	0.6	5:48	8:15	