

Poughkeepsie, NY - Aug 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:36	2.9	7:23	3.2	1:13	0.9	1:15	0.7	5:49	8:14	
2	Thu	7:27	2.8	8:11	3.3	2:22	0.9	2:20	0.7	5:50	8:13	
3	Fri	8:27	2.8	9:10	3.5	3:25	0.7	3:23	0.6	5:51	8:12	
4	Sat	9:37	2.9	10:13	3.7	4:22	0.5	4:22	0.4	5:52	8:11	
5	Sun	10:45	3.1	11:11	3.9	5:16	0.2	5:18	0.2	5:53	8:09	
6	Mon	11:42	3.3			6:08	0.0	6:13	0.0	5:54	8:08	
7	Tue	12:04	4.1	12:35	3.5	7:00	-0.3	7:09	-0.1	5:55	8:07	
8	Wed	12:55	4.3	1:26	3.7	7:51	-0.4	8:04	-0.3	5:56	8:06	
9	Thu	1:47	4.3	2:19	3.8	8:40	-0.6	8:57	-0.3	5:57	8:04	
10	Fri	2:40	4.2	3:15	3.9	9:28	-0.6	9:49	-0.3	5:58	8:03	
11	Sat	3:36	4.1	4:13	3.9	10:16	-0.5	10:42	-0.1	5:59	8:02	
12	Sun	4:34	3.9	5:11	3.8	11:05	-0.3	11:39	0.1	6:00	8:00	
13	Mon	5:33	3.7	6:08	3.8	11:59	-0.1			6:01	7:59	
14	Tue	6:30	3.5	7:03	3.7	12:41	0.3	12:57	0.1	6:02	7:58	
15	Wed	7:26	3.3	7:57	3.6	1:47	0.4	1:57	0.3	6:03	7:56	
16	Thu	8:23	3.1	8:54	3.5	2:51	0.5	2:57	0.4	6:04	7:55	
17	Fri	9:24	3.0	9:53	3.5	3:49	0.5	3:52	0.5	6:05	7:53	
18	Sat	10:24	3.0	10:48	3.5	4:43	0.4	4:44	0.5	6:06	7:52	
19	Sun	11:17	3.1	11:36	3.6	5:31	0.3	5:32	0.5	6:07	7:50	
20	Mon			12:04	3.2	6:17	0.3	6:17	0.4	6:08	7:49	
21	Tue	12:18	3.6	12:46	3.3	7:00	0.2	7:02	0.4	6:09	7:47	
22	Wed	12:57	3.6	1:26	3.4	7:41	0.2	7:44	0.4	6:10	7:46	
23	Thu	1:34	3.6	2:05	3.4	8:20	0.1	8:25	0.4	6:11	7:44	
24	Fri	2:09	3.5	2:43	3.4	8:56	0.2	9:04	0.4	6:13	7:43	
25	Sat	2:43	3.4	3:20	3.3	9:30	0.2	9:40	0.5	6:14	7:41	
26	Sun	3:15	3.3	3:56	3.3	10:01	0.3	10:15	0.6	6:15	7:40	
27	Mon	3:47	3.2	4:31	3.3	10:30	0.4	10:50	0.7	6:16	7:38	
28	Tue	4:24	3.1	5:09	3.3	10:58	0.5	11:31	0.8	6:17	7:36	
29	Wed	5:09	3.0	5:51	3.3	11:31	0.6			6:18	7:35	
30	Thu	6:01	2.9	6:39	3.4	12:29	0.8	12:21	0.7	6:19	7:33	
31	Fri	6:58	2.9	7:34	3.4	1:45	0.8	1:37	0.7	6:20	7:32	