

Poughkeepsie, NY - Sep 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:01	2.9	8:37	3.5	2:55	0.7	2:55	0.7	6:21	7:30	
2	Sun	9:13	3.0	9:47	3.7	3:56	0.5	4:01	0.5	6:22	7:28	
3	Mon	10:24	3.2	10:51	3.9	4:52	0.2	5:01	0.2	6:23	7:27	
4	Tue	11:24	3.5	11:47	4.1	5:44	0.0	5:57	0.0	6:24	7:25	
5	Wed			12:17	3.8	6:36	-0.3	6:53	-0.2	6:25	7:23	
6	Thu	12:39	4.3	1:08	4.0	7:27	-0.5	7:47	-0.3	6:26	7:22	
7	Fri	1:30	4.3	1:58	4.1	8:16	-0.6	8:40	-0.4	6:27	7:20	
8	Sat	2:21	4.2	2:51	4.1	9:04	-0.6	9:31	-0.3	6:28	7:18	
9	Sun	3:15	4.0	3:46	4.1	9:51	-0.4	10:23	-0.2	6:29	7:16	
10	Mon	4:12	3.8	4:43	3.9	10:39	-0.2	11:16	0.1	6:30	7:15	
11	Tue	5:11	3.6	5:40	3.8	11:29	0.1			6:31	7:13	
12	Wed	6:09	3.4	6:35	3.6	12:15	0.3	12:26	0.4	6:32	7:11	
13	Thu	7:05	3.2	7:29	3.5	1:20	0.5	1:27	0.6	6:33	7:10	
14	Fri	8:01	3.1	8:25	3.4	2:24	0.6	2:29	0.7	6:34	7:08	
15	Sat	8:59	3.0	9:23	3.3	3:23	0.6	3:28	0.7	6:35	7:06	
16	Sun	9:58	3.0	10:20	3.3	4:16	0.5	4:20	0.7	6:36	7:04	
17	Mon	10:52	3.1	11:10	3.4	5:03	0.5	5:08	0.6	6:37	7:03	
18	Tue	11:38	3.3	11:53	3.5	5:47	0.4	5:53	0.5	6:38	7:01	
19	Wed			12:19	3.4	6:28	0.3	6:36	0.4	6:39	6:59	
20	Thu	12:32	3.5	12:57	3.5	7:08	0.2	7:19	0.4	6:40	6:57	
21	Fri	1:07	3.6	1:33	3.6	7:46	0.2	8:00	0.3	6:41	6:56	
22	Sat	1:41	3.5	2:07	3.6	8:22	0.2	8:39	0.3	6:42	6:54	
23	Sun	2:12	3.4	2:38	3.5	8:56	0.2	9:16	0.4	6:43	6:52	
24	Mon	2:42	3.3	3:08	3.5	9:28	0.3	9:52	0.4	6:44	6:50	
25	Tue	3:13	3.2	3:40	3.5	9:57	0.4	10:28	0.5	6:45	6:49	
26	Wed	3:52	3.1	4:20	3.4	10:26	0.5	11:09	0.6	6:46	6:47	
27	Thu	4:41	3.0	5:10	3.4	11:02	0.6			6:47	6:45	
28	Fri	5:40	2.9	6:09	3.5	12:04	0.7	11:52 AM	0.7	6:48	6:43	
29	Sat	6:43	2.9	7:10	3.5	1:17	0.7	1:14	0.8	6:50	6:42	
30	Sun	7:48	3.0	8:16	3.6	2:29	0.6	2:38	0.7	6:51	6:40	