

Poughkeepsie, NY - Oct 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:57	3.1	9:27	3.7	3:32	0.4	3:47	0.5	6:52	6:38	
2	Tue	10:06	3.4	10:33	3.8	4:28	0.2	4:47	0.2	6:53	6:37	
3	Wed	11:07	3.7	11:30	4.0	5:21	-0.1	5:43	0.0	6:54	6:35	
4	Thu	11:59	4.0			6:12	-0.3	6:37	-0.2	6:55	6:33	
5	Fri	12:22	4.1	12:49	4.2	7:02	-0.5	7:31	-0.4	6:56	6:32	
6	Sat	1:12	4.1	1:37	4.3	7:51	-0.5	8:23	-0.4	6:57	6:30	
7	Sun	2:02	4.1	2:26	4.2	8:39	-0.5	9:13	-0.3	6:58	6:28	
8	Mon	2:54	3.9	3:18	4.1	9:25	-0.3	10:02	-0.2	6:59	6:27	
9	Tue	3:49	3.7	4:12	3.9	10:12	-0.1	10:53	0.0	7:00	6:25	
10	Wed	4:47	3.4	5:08	3.7	10:59	0.2	11:48	0.3	7:01	6:23	
11	Thu	5:45	3.2	6:04	3.5	11:52	0.5			7:03	6:22	
12	Fri	6:41	3.1	6:58	3.3	12:48	0.5	12:53	0.8	7:04	6:20	
13	Sat	7:36	3.0	7:52	3.2	1:51	0.6	1:57	0.9	7:05	6:18	
14	Sun	8:31	3.0	8:48	3.1	2:50	0.6	2:58	0.9	7:06	6:17	
15	Mon	9:27	3.0	9:44	3.1	3:43	0.6	3:52	0.8	7:07	6:15	
16	Tue	10:21	3.1	10:37	3.2	4:30	0.5	4:41	0.7	7:08	6:14	
17	Wed	11:08	3.3	11:22	3.3	5:12	0.4	5:26	0.5	7:09	6:12	
18	Thu	11:49	3.4			5:52	0.3	6:09	0.4	7:10	6:11	
19	Fri	12:02	3.3	12:27	3.6	6:31	0.2	6:52	0.3	7:12	6:09	
20	Sat	12:38	3.4	1:01	3.6	7:10	0.2	7:34	0.2	7:13	6:08	
21	Sun	1:12	3.4	1:32	3.7	7:47	0.2	8:14	0.2	7:14	6:06	
22	Mon	1:44	3.3	2:02	3.7	8:23	0.2	8:54	0.2	7:15	6:05	
23	Tue	2:15	3.2	2:32	3.7	8:58	0.2	9:33	0.2	7:16	6:03	
24	Wed	2:50	3.1	3:07	3.6	9:31	0.3	10:12	0.2	7:17	6:02	
25	Thu	3:33	3.0	3:52	3.6	10:06	0.4	10:56	0.3	7:19	6:00	
26	Fri	4:26	3.0	4:47	3.5	10:47	0.5	11:50	0.4	7:20	5:59	
27	Sat	5:31	2.9	5:51	3.5	11:43	0.6			7:21	5:57	
28	Sun	5:36	3.0	5:56	3.5	12:57	0.4	12:04	0.7	6:22	4:56	
29	Mon	6:39	3.1	7:00	3.5	1:06	0.4	1:25	0.6	6:23	4:55	
30	Tue	7:44	3.2	8:08	3.5	2:08	0.2	2:33	0.4	6:24	4:53	
31	Wed	8:49	3.5	9:14	3.6	3:05	0.0	3:33	0.1	6:26	4:52	