

Poughkeepsie, NY - Nov 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:49	3.7	10:13	3.7	3:58	-0.2	4:29	-0.1	6:27	4:51	
2	Fri	10:42	4.0	11:05	3.8	4:48	-0.4	5:22	-0.3	6:28	4:50	
3	Sat	11:30	4.2	11:54	3.8	5:38	-0.5	6:15	-0.4	6:29	4:48	
4	Sun			12:17	4.2	6:27	-0.5	7:06	-0.4	6:31	4:47	
5	Mon	12:43	3.7	1:03	4.1	7:15	-0.4	7:55	-0.4	6:32	4:46	
6	Tue	1:33	3.6	1:51	4.0	8:01	-0.2	8:42	-0.3	6:33	4:45	
7	Wed	2:26	3.4	2:41	3.8	8:46	0.0	9:29	-0.1	6:34	4:44	
8	Thu	3:21	3.2	3:35	3.5	9:31	0.2	10:19	0.2	6:35	4:43	
9	Fri	4:18	3.0	4:30	3.3	10:18	0.5	11:13	0.4	6:37	4:41	
10	Sat	5:13	2.9	5:23	3.2	11:13	0.7			6:38	4:40	
11	Sun	6:05	2.9	6:14	3.0	12:11	0.5	12:16	0.9	6:39	4:39	
12	Mon	6:57	2.9	7:06	2.9	1:09	0.6	1:19	0.9	6:40	4:38	
13	Tue	7:49	2.9	8:00	2.9	2:02	0.6	2:17	0.8	6:42	4:37	
14	Wed	8:42	3.0	8:55	2.9	2:50	0.5	3:09	0.7	6:43	4:37	
15	Thu	9:31	3.1	9:45	2.9	3:33	0.4	3:56	0.5	6:44	4:36	
16	Fri	10:15	3.3	10:29	3.0	4:14	0.3	4:40	0.4	6:45	4:35	
17	Sat	10:54	3.5	11:08	3.1	4:54	0.2	5:24	0.2	6:46	4:34	
18	Sun	11:28	3.6	11:44	3.1	5:34	0.1	6:07	0.1	6:48	4:33	
19	Mon			12:01	3.7	6:14	0.1	6:51	0.0	6:49	4:32	
20	Tue	12:18	3.1	12:33	3.7	6:54	0.0	7:33	-0.1	6:50	4:32	
21	Wed	12:55	3.1	1:08	3.7	7:33	0.0	8:15	-0.1	6:51	4:31	
22	Thu	1:35	3.0	1:49	3.7	8:13	0.1	8:58	-0.1	6:52	4:30	
23	Fri	2:22	3.0	2:38	3.6	8:55	0.1	9:44	-0.1	6:54	4:30	
24	Sat	3:20	2.9	3:37	3.5	9:42	0.2	10:35	0.0	6:55	4:29	
25	Sun	4:24	3.0	4:41	3.4	10:40	0.3	11:36	0.1	6:56	4:29	
26	Mon	5:27	3.0	5:44	3.4	11:55	0.4			6:57	4:28	
27	Tue	6:27	3.1	6:45	3.3	12:41	0.1	1:10	0.4	6:58	4:28	
28	Wed	7:28	3.3	7:49	3.3	1:43	0.0	2:17	0.2	6:59	4:27	
29	Thu	8:31	3.4	8:54	3.3	2:41	-0.2	3:18	0.0	7:00	4:27	
30	Fri	9:31	3.6	9:55	3.3	3:35	-0.3	4:14	-0.2	7:01	4:26	