

Poughkeepsie, NY - Jan 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	11:44	3.6			5:45	-0.3	6:31	-0.4	7:22	4:35	
2	Wed	12:11	3.0	12:26	3.6	6:32	-0.3	7:17	-0.5	7:22	4:36	
3	Thu	12:56	3.0	1:08	3.5	7:17	-0.2	8:01	-0.4	7:22	4:37	
4	Fri	1:42	2.9	1:51	3.3	8:00	-0.1	8:41	-0.3	7:22	4:38	
5	Sat	2:29	2.9	2:34	3.2	8:40	0.0	9:20	-0.2	7:22	4:38	
6	Sun	3:16	2.8	3:18	3.0	9:18	0.1	9:59	0.0	7:22	4:39	
7	Mon	4:04	2.7	4:03	2.8	9:58	0.3	10:39	0.1	7:22	4:40	
8	Tue	4:51	2.6	4:48	2.7	10:42	0.5	11:23	0.3	7:22	4:41	
9	Wed	5:36	2.6	5:31	2.5	11:37	0.6			7:22	4:42	
10	Thu	6:19	2.6	6:15	2.4	12:13	0.3	12:43	0.7	7:22	4:43	
11	Fri	7:03	2.6	7:03	2.4	1:07	0.4	1:46	0.6	7:22	4:45	
12	Sat	7:52	2.7	8:02	2.3	2:01	0.4	2:44	0.5	7:21	4:46	
13	Sun	8:46	2.9	9:06	2.4	2:52	0.3	3:37	0.3	7:21	4:47	
14	Mon	9:39	3.1	10:03	2.5	3:41	0.1	4:27	0.0	7:21	4:48	
15	Tue	10:26	3.3	10:51	2.7	4:29	0.0	5:16	-0.2	7:20	4:49	
16	Wed	11:11	3.5	11:36	2.9	5:17	-0.2	6:04	-0.4	7:20	4:50	
17	Thu	11:55	3.7			6:07	-0.4	6:52	-0.6	7:19	4:51	
18	Fri	12:21	3.0	12:40	3.8	6:57	-0.5	7:39	-0.8	7:19	4:52	
19	Sat	1:09	3.1	1:29	3.8	7:46	-0.6	8:25	-0.8	7:18	4:54	
20	Sun	2:00	3.2	2:21	3.7	8:35	-0.6	9:11	-0.8	7:18	4:55	
21	Mon	2:56	3.2	3:18	3.6	9:26	-0.5	9:59	-0.7	7:17	4:56	
22	Tue	3:55	3.2	4:16	3.4	10:21	-0.3	10:51	-0.6	7:16	4:57	
23	Wed	4:53	3.2	5:15	3.2	11:23	-0.2	11:50	-0.4	7:16	4:58	
24	Thu	5:50	3.2	6:12	3.0			12:32	0.0	7:15	5:00	
25	Fri	6:48	3.2	7:12	2.8	12:52	-0.3	1:40	0.0	7:14	5:01	
26	Sat	7:48	3.1	8:16	2.7	1:54	-0.2	2:43	0.0	7:13	5:02	
27	Sun	8:52	3.1	9:21	2.7	2:52	-0.1	3:41	-0.1	7:12	5:03	
28	Mon	9:51	3.2	10:19	2.8	3:47	-0.2	4:34	-0.2	7:12	5:05	
29	Tue	10:43	3.3	11:09	2.8	4:38	-0.2	5:24	-0.3	7:11	5:06	
30	Wed	11:28	3.3	11:54	2.9	5:26	-0.2	6:11	-0.4	7:10	5:07	
31	Thu			12:10	3.3	6:13	-0.2	6:55	-0.4	7:09	5:08	