

Poughkeepsie, NY - Jun 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:32	3.7	3:13	3.0	9:44	-0.1	9:39	0.3	5:23	8:23	
2	Mon	3:15	3.6	4:03	3.0	10:25	0.0	10:21	0.4	5:22	8:24	
3	Tue	4:07	3.6	5:00	3.0	11:10	0.0	11:10	0.5	5:22	8:25	
4	Wed	5:06	3.5	5:58	3.1			12:03	0.1	5:22	8:26	
5	Thu	6:06	3.4	6:54	3.2	12:14	0.5	1:02	0.1	5:21	8:26	
6	Fri	7:06	3.4	7:50	3.4	1:30	0.5	2:04	0.1	5:21	8:27	
7	Sat	8:07	3.3	8:49	3.5	2:41	0.4	3:04	0.0	5:21	8:27	
8	Sun	9:12	3.3	9:52	3.7	3:45	0.2	4:00	-0.1	5:21	8:28	
9	Mon	10:18	3.3	10:51	3.9	4:44	0.1	4:53	-0.2	5:20	8:29	
10	Tue	11:18	3.4	11:44	4.0	5:39	-0.1	5:45	-0.2	5:20	8:29	
11	Wed			12:12	3.4	6:33	-0.3	6:37	-0.2	5:20	8:30	
12	Thu	12:33	4.1	1:04	3.5	7:26	-0.4	7:28	-0.2	5:20	8:30	
13	Fri	1:20	4.1	1:55	3.4	8:16	-0.4	8:18	-0.1	5:20	8:31	
14	Sat	2:08	4.0	2:47	3.3	9:04	-0.4	9:06	0.0	5:20	8:31	
15	Sun	2:56	3.8	3:41	3.3	9:50	-0.3	9:51	0.2	5:20	8:32	
16	Mon	3:47	3.6	4:35	3.2	10:35	-0.1	10:37	0.4	5:20	8:32	
17	Tue	4:39	3.4	5:27	3.1	11:21	0.1	11:24	0.6	5:20	8:32	
18	Wed	5:30	3.3	6:17	3.1			12:09	0.3	5:20	8:33	
19	Thu	6:19	3.1	7:04	3.1	12:18	0.8	1:00	0.4	5:20	8:33	
20	Fri	7:06	2.9	7:50	3.1	1:18	0.9	1:52	0.5	5:21	8:33	
21	Sat	7:52	2.8	8:37	3.1	2:18	0.9	2:42	0.6	5:21	8:33	
22	Sun	8:43	2.7	9:26	3.2	3:14	0.8	3:29	0.6	5:21	8:33	
23	Mon	9:39	2.7	10:16	3.3	4:06	0.7	4:14	0.5	5:21	8:34	
24	Tue	10:34	2.7	11:01	3.4	4:54	0.6	4:57	0.5	5:22	8:34	
25	Wed	11:23	2.8	11:42	3.6	5:40	0.4	5:40	0.4	5:22	8:34	
26	Thu			12:06	2.9	6:26	0.3	6:24	0.3	5:22	8:34	
27	Fri	12:19	3.7	12:46	3.0	7:12	0.1	7:09	0.3	5:23	8:34	
28	Sat	12:56	3.8	1:26	3.1	7:57	0.0	7:55	0.2	5:23	8:34	
29	Sun	1:34	3.9	2:09	3.1	8:42	-0.1	8:40	0.2	5:24	8:34	
30	Mon	2:17	3.9	2:56	3.2	9:25	-0.2	9:26	0.2	5:24	8:34	