

Poughkeepsie, NY - Jul 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:04	3.8	3:49	3.2	10:08	-0.2	10:13	0.2	5:25	8:34	
2	Wed	3:58	3.8	4:46	3.3	10:53	-0.2	11:05	0.3	5:25	8:33	
3	Thu	4:57	3.7	5:43	3.4	11:43	-0.1			5:26	8:33	
4	Fri	5:56	3.5	6:39	3.5	12:06	0.4	12:39	0.0	5:26	8:33	
5	Sat	6:54	3.4	7:34	3.6	1:15	0.4	1:39	0.0	5:27	8:33	
6	Sun	7:52	3.3	8:31	3.6	2:24	0.4	2:39	0.0	5:27	8:32	
7	Mon	8:54	3.2	9:32	3.7	3:28	0.3	3:37	0.0	5:28	8:32	
8	Tue	10:00	3.2	10:33	3.8	4:28	0.2	4:33	0.0	5:29	8:32	
9	Wed	11:02	3.2	11:28	3.9	5:23	0.0	5:26	0.0	5:30	8:31	
10	Thu	11:57	3.3			6:16	-0.1	6:18	0.0	5:30	8:31	
11	Fri	12:17	4.0	12:48	3.3	7:08	-0.2	7:09	0.0	5:31	8:30	
12	Sat	1:04	3.9	1:37	3.3	7:57	-0.2	7:58	0.1	5:32	8:30	
13	Sun	1:49	3.9	2:25	3.3	8:43	-0.2	8:44	0.2	5:33	8:29	
14	Mon	2:34	3.8	3:14	3.3	9:26	-0.1	9:28	0.3	5:33	8:29	
15	Tue	3:19	3.6	4:03	3.2	10:07	0.0	10:10	0.4	5:34	8:28	
16	Wed	4:06	3.4	4:52	3.2	10:47	0.1	10:52	0.6	5:35	8:28	
17	Thu	4:53	3.2	5:40	3.1	11:28	0.3	11:38	0.8	5:36	8:27	
18	Fri	5:40	3.1	6:25	3.1			12:10	0.5	5:37	8:26	
19	Sat	6:24	2.9	7:08	3.1	12:30	0.9	12:57	0.6	5:38	8:25	
20	Sun	7:08	2.8	7:51	3.1	1:30	1.0	1:47	0.7	5:38	8:25	
21	Mon	7:53	2.7	8:36	3.2	2:31	0.9	2:39	0.7	5:39	8:24	
22	Tue	8:46	2.7	9:26	3.2	3:27	0.8	3:29	0.7	5:40	8:23	
23	Wed	9:47	2.7	10:18	3.4	4:19	0.7	4:18	0.6	5:41	8:22	
24	Thu	10:45	2.8	11:06	3.6	5:08	0.5	5:06	0.5	5:42	8:21	
25	Fri	11:34	2.9	11:50	3.8	5:56	0.3	5:54	0.4	5:43	8:20	
26	Sat			12:19	3.1	6:44	0.1	6:43	0.2	5:44	8:19	
27	Sun	12:32	3.9	1:02	3.2	7:31	-0.1	7:33	0.1	5:45	8:18	
28	Mon	1:15	4.0	1:47	3.4	8:17	-0.2	8:23	0.0	5:46	8:17	
29	Tue	2:01	4.1	2:36	3.5	9:02	-0.3	9:12	0.0	5:47	8:16	
30	Wed	2:51	4.0	3:28	3.6	9:47	-0.4	10:01	0.0	5:48	8:15	
31	Thu	3:45	3.9	4:25	3.6	10:32	-0.3	10:53	0.1	5:49	8:14	