

Poughkeepsie, NY - Aug 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:43	3.8	5:23	3.7	11:21	-0.2	11:52	0.2	5:50	8:13	
2	Sat	5:43	3.6	6:20	3.7			12:15	-0.1	5:51	8:12	
3	Sun	6:41	3.4	7:16	3.7	12:59	0.3	1:15	0.1	5:52	8:11	
4	Mon	7:39	3.3	8:13	3.7	2:07	0.4	2:17	0.1	5:53	8:10	
5	Tue	8:40	3.2	9:14	3.7	3:12	0.3	3:18	0.2	5:54	8:08	
6	Wed	9:45	3.1	10:16	3.7	4:12	0.3	4:15	0.2	5:55	8:07	
7	Thu	10:48	3.2	11:13	3.8	5:07	0.2	5:09	0.2	5:56	8:06	
8	Fri	11:43	3.3			5:58	0.1	6:00	0.2	5:57	8:05	
9	Sat	12:02	3.8	12:32	3.3	6:47	0.0	6:50	0.2	5:58	8:03	
10	Sun	12:47	3.8	1:17	3.4	7:34	0.0	7:37	0.2	5:59	8:02	
11	Mon	1:29	3.8	2:01	3.4	8:18	0.0	8:21	0.3	6:00	8:01	
12	Tue	2:10	3.7	2:44	3.4	8:58	0.0	9:03	0.3	6:01	7:59	
13	Wed	2:50	3.6	3:27	3.3	9:36	0.1	9:43	0.4	6:02	7:58	
14	Thu	3:31	3.4	4:12	3.3	10:11	0.2	10:21	0.5	6:03	7:57	
15	Fri	4:14	3.2	4:56	3.2	10:46	0.4	11:00	0.7	6:04	7:55	
16	Sat	4:57	3.1	5:39	3.2	11:19	0.5	11:44	0.8	6:05	7:54	
17	Sun	5:40	2.9	6:21	3.2	11:54	0.7			6:06	7:52	
18	Mon	6:23	2.8	7:01	3.1	12:38	1.0	12:38	0.8	6:07	7:51	
19	Tue	7:08	2.7	7:43	3.2	1:43	1.0	1:39	0.9	6:08	7:49	
20	Wed	7:58	2.7	8:33	3.2	2:46	0.9	2:43	0.9	6:09	7:48	
21	Thu	9:00	2.7	9:31	3.4	3:44	0.8	3:42	0.8	6:10	7:46	
22	Fri	10:06	2.8	10:30	3.6	4:37	0.6	4:37	0.6	6:11	7:45	
23	Sat	11:03	3.0	11:22	3.8	5:26	0.3	5:29	0.4	6:12	7:43	
24	Sun	11:52	3.3			6:15	0.1	6:21	0.2	6:13	7:42	
25	Mon	12:10	4.0	12:38	3.5	7:03	-0.1	7:13	0.0	6:14	7:40	
26	Tue	12:56	4.2	1:25	3.7	7:50	-0.3	8:05	-0.2	6:15	7:38	
27	Wed	1:44	4.2	2:13	3.9	8:37	-0.4	8:56	-0.2	6:16	7:37	
28	Thu	2:34	4.1	3:05	3.9	9:23	-0.5	9:46	-0.2	6:17	7:35	
29	Fri	3:28	4.0	4:01	4.0	10:09	-0.4	10:39	-0.1	6:18	7:34	
30	Sat	4:26	3.8	5:00	3.9	10:57	-0.2	11:36	0.1	6:19	7:32	
31	Sun	5:27	3.6	5:59	3.8	11:50	0.0			6:20	7:30	