

Poughkeepsie, NY - Nov 1980

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