

Poughkeepsie, NY - Dec 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:03	2.9	8:17	2.8	2:14	0.3	2:36	0.6	7:03	4:26	
2	Tue	8:56	3.0	9:11	2.8	3:01	0.3	3:26	0.5	7:04	4:26	
3	Wed	9:44	3.2	10:01	2.8	3:44	0.2	4:13	0.4	7:05	4:25	
4	Thu	10:28	3.3	10:45	2.8	4:25	0.2	4:57	0.2	7:06	4:25	
5	Fri	11:06	3.4	11:25	2.9	5:05	0.1	5:40	0.1	7:07	4:25	
6	Sat	11:42	3.5			5:45	0.1	6:23	0.0	7:08	4:25	
7	Sun	12:02	2.9	12:15	3.5	6:25	0.1	7:05	-0.1	7:09	4:25	
8	Mon	12:37	2.9	12:47	3.5	7:04	0.1	7:46	-0.1	7:10	4:25	
9	Tue	1:12	2.8	1:19	3.5	7:42	0.1	8:25	-0.1	7:11	4:25	
10	Wed	1:49	2.8	1:55	3.4	8:19	0.1	9:04	-0.1	7:12	4:25	
11	Thu	2:32	2.7	2:38	3.4	8:57	0.2	9:45	-0.1	7:13	4:25	
12	Fri	3:22	2.7	3:31	3.3	9:38	0.3	10:31	0.0	7:13	4:25	
13	Sat	4:19	2.8	4:30	3.2	10:31	0.3	11:26	0.0	7:14	4:25	
14	Sun	5:17	2.9	5:30	3.2	11:43	0.4			7:15	4:25	
15	Mon	6:14	3.0	6:31	3.1	12:29	0.0	1:02	0.4	7:16	4:26	
16	Tue	7:13	3.2	7:34	3.1	1:31	-0.1	2:11	0.2	7:16	4:26	
17	Wed	8:16	3.3	8:42	3.1	2:30	-0.2	3:13	0.0	7:17	4:26	
18	Thu	9:19	3.5	9:47	3.2	3:25	-0.3	4:11	-0.2	7:17	4:27	
19	Fri	10:17	3.8	10:44	3.3	4:19	-0.5	5:05	-0.4	7:18	4:27	
20	Sat	11:08	3.9	11:37	3.3	5:11	-0.6	5:59	-0.6	7:19	4:28	
21	Sun	11:57	4.0			6:03	-0.6	6:51	-0.7	7:19	4:28	
22	Mon	12:28	3.3	12:46	3.9	6:54	-0.6	7:40	-0.7	7:20	4:29	
23	Tue	1:19	3.3	1:35	3.8	7:44	-0.5	8:28	-0.6	7:20	4:29	
24	Wed	2:12	3.2	2:25	3.6	8:31	-0.3	9:14	-0.5	7:20	4:30	
25	Thu	3:06	3.0	3:17	3.4	9:17	-0.1	10:00	-0.3	7:21	4:30	
26	Fri	4:00	2.9	4:10	3.1	10:04	0.1	10:48	-0.1	7:21	4:31	
27	Sat	4:53	2.8	5:01	2.9	10:55	0.4	11:39	0.1	7:21	4:32	
28	Sun	5:42	2.8	5:50	2.8	11:54	0.5			7:22	4:32	
29	Mon	6:30	2.8	6:38	2.6	12:33	0.3	12:56	0.6	7:22	4:33	
30	Tue	7:19	2.7	7:29	2.5	1:26	0.3	1:56	0.6	7:22	4:34	
31	Wed	8:10	2.8	8:26	2.4	2:16	0.3	2:51	0.5	7:22	4:35	