

Poughkeepsie, NY - Jul 1986

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	9:08	2.8	9:41	3.3	3:41	0.7	3:39	0.5	5:24	8:34	
2	Wed	10:05	2.7	10:31	3.4	4:32	0.6	4:24	0.5	5:25	8:34	
3	Thu	10:59	2.7	11:17	3.4	5:20	0.5	5:07	0.6	5:25	8:33	
4	Fri	11:47	2.7	11:58	3.5	6:05	0.4	5:50	0.6	5:26	8:33	
5	Sat			12:31	2.8	6:50	0.3	6:34	0.5	5:27	8:33	
6	Sun	12:37	3.5	1:13	2.8	7:34	0.3	7:18	0.5	5:27	8:33	
7	Mon	1:13	3.6	1:55	2.9	8:16	0.2	8:01	0.5	5:28	8:32	
8	Tue	1:47	3.5	2:36	2.9	8:56	0.2	8:42	0.5	5:29	8:32	
9	Wed	2:21	3.5	3:17	2.9	9:33	0.2	9:20	0.5	5:29	8:32	
10	Thu	2:55	3.5	3:59	2.9	10:08	0.2	9:58	0.6	5:30	8:31	
11	Fri	3:34	3.4	4:41	3.0	10:43	0.2	10:37	0.6	5:31	8:31	
12	Sat	4:18	3.3	5:24	3.1	11:19	0.2	11:24	0.7	5:31	8:30	
13	Sun	5:08	3.2	6:08	3.2	11:59	0.3			5:32	8:30	
14	Mon	6:01	3.1	6:55	3.4	12:24	0.7	12:48	0.3	5:33	8:29	
15	Tue	6:56	3.1	7:45	3.5	1:37	0.7	1:47	0.3	5:34	8:29	
16	Wed	7:56	3.0	8:43	3.7	2:48	0.6	2:50	0.3	5:35	8:28	
17	Thu	9:05	2.9	9:48	3.8	3:54	0.4	3:53	0.2	5:35	8:27	
18	Fri	10:19	3.0	10:53	4.0	4:54	0.2	4:53	0.2	5:36	8:27	
19	Sat	11:26	3.1	11:51	4.1	5:51	0.0	5:51	0.1	5:37	8:26	
20	Sun			12:24	3.2	6:47	-0.2	6:50	0.0	5:38	8:25	
21	Mon	12:46	4.2	1:20	3.4	7:41	-0.3	7:47	0.0	5:39	8:24	
22	Tue	1:38	4.2	2:15	3.4	8:32	-0.4	8:41	0.0	5:40	8:23	
23	Wed	2:31	4.1	3:10	3.4	9:21	-0.4	9:31	0.0	5:41	8:23	
24	Thu	3:24	3.9	4:05	3.4	10:06	-0.3	10:21	0.2	5:42	8:22	
25	Fri	4:18	3.7	4:58	3.4	10:51	-0.1	11:11	0.4	5:43	8:21	
26	Sat	5:10	3.5	5:49	3.4	11:36	0.1			5:44	8:20	
27	Sun	6:01	3.3	6:36	3.3	12:06	0.6	12:24	0.3	5:44	8:19	
28	Mon	6:50	3.0	7:22	3.3	1:06	0.7	1:14	0.5	5:45	8:18	
29	Tue	7:38	2.8	8:08	3.2	2:08	0.8	2:05	0.7	5:46	8:17	
30	Wed	8:30	2.7	8:58	3.2	3:07	0.8	2:57	0.8	5:47	8:16	
31	Thu	9:29	2.6	9:52	3.2	4:01	0.8	3:47	0.8	5:48	8:15	