

Poughkeepsie, NY - Aug 1987

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