

Poughkeepsie, NY - Jul 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:52	3.1			6:13	0.0	6:09	0.1	5:25	8:34	
2	Sun	12:11	3.9	12:45	3.2	7:07	-0.1	7:03	0.1	5:25	8:34	
3	Mon	1:00	3.9	1:37	3.2	7:58	-0.2	7:55	0.2	5:26	8:33	
4	Tue	1:48	3.9	2:28	3.2	8:46	-0.2	8:44	0.2	5:26	8:33	
5	Wed	2:35	3.7	3:18	3.2	9:30	-0.1	9:30	0.3	5:27	8:33	
6	Thu	3:23	3.6	4:09	3.2	10:12	0.0	10:13	0.5	5:27	8:33	
7	Fri	4:12	3.4	4:59	3.1	10:52	0.1	10:57	0.6	5:28	8:32	
8	Sat	5:00	3.2	5:46	3.1	11:33	0.3	11:45	0.8	5:29	8:32	
9	Sun	5:46	3.0	6:30	3.1			12:15	0.5	5:29	8:31	
10	Mon	6:30	2.9	7:12	3.1	12:40	0.9	12:59	0.6	5:30	8:31	
11	Tue	7:14	2.7	7:54	3.1	1:40	1.0	1:47	0.7	5:31	8:31	
12	Wed	8:00	2.6	8:40	3.2	2:40	1.0	2:37	0.8	5:32	8:30	
13	Thu	8:55	2.5	9:31	3.2	3:36	0.9	3:28	0.8	5:32	8:30	
14	Fri	9:57	2.5	10:23	3.3	4:28	0.7	4:17	0.7	5:33	8:29	
15	Sat	10:56	2.6	11:12	3.5	5:17	0.6	5:05	0.7	5:34	8:28	
16	Sun	11:45	2.7	11:56	3.6	6:04	0.4	5:53	0.6	5:35	8:28	
17	Mon			12:29	2.8	6:51	0.2	6:42	0.4	5:36	8:27	
18	Tue	12:37	3.8	1:10	3.0	7:37	0.1	7:32	0.3	5:37	8:26	
19	Wed	1:18	3.9	1:53	3.1	8:22	-0.1	8:20	0.2	5:37	8:26	
20	Thu	2:02	3.9	2:38	3.2	9:04	-0.2	9:08	0.1	5:38	8:25	
21	Fri	2:48	3.9	3:27	3.4	9:45	-0.2	9:55	0.1	5:39	8:24	
22	Sat	3:38	3.8	4:20	3.5	10:27	-0.2	10:45	0.2	5:40	8:23	
23	Sun	4:33	3.6	5:14	3.6	11:11	-0.2	11:42	0.3	5:41	8:22	
24	Mon	5:29	3.4	6:08	3.7			12:00	0.0	5:42	8:22	
25	Tue	6:26	3.3	7:02	3.7	12:47	0.4	12:56	0.1	5:43	8:21	
26	Wed	7:23	3.1	7:58	3.7	1:57	0.5	1:59	0.2	5:44	8:20	
27	Thu	8:25	3.0	9:00	3.6	3:05	0.5	3:03	0.3	5:45	8:19	
28	Fri	9:34	2.9	10:06	3.7	4:07	0.4	4:04	0.3	5:46	8:18	
29	Sat	10:42	3.0	11:07	3.7	5:05	0.3	5:01	0.3	5:47	8:17	
30	Sun	11:41	3.1			5:58	0.1	5:55	0.3	5:48	8:16	
31	Mon	12:00	3.8	12:32	3.2	6:49	0.1	6:47	0.3	5:49	8:15	