

Poughkeepsie, NY - Aug 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:47	3.8	1:20	3.3	7:37	0.0	7:37	0.3	5:50	8:13	
2	Wed	1:31	3.8	2:05	3.3	8:22	0.0	8:23	0.3	5:51	8:12	
3	Thu	2:13	3.7	2:49	3.3	9:02	0.0	9:06	0.3	5:52	8:11	
4	Fri	2:55	3.6	3:33	3.3	9:40	0.1	9:47	0.4	5:53	8:10	
5	Sat	3:36	3.4	4:17	3.3	10:15	0.2	10:26	0.6	5:54	8:09	
6	Sun	4:19	3.2	5:01	3.2	10:48	0.4	11:07	0.7	5:55	8:07	
7	Mon	5:02	3.0	5:43	3.2	11:20	0.5	11:52	0.9	5:56	8:06	
8	Tue	5:46	2.8	6:24	3.2	11:52	0.7			5:57	8:05	
9	Wed	6:29	2.7	7:04	3.1	12:48	1.0	12:32	0.8	5:58	8:04	
10	Thu	7:15	2.6	7:47	3.1	1:53	1.0	1:30	0.9	5:59	8:02	
11	Fri	8:08	2.5	8:39	3.2	2:57	1.0	2:39	1.0	6:00	8:01	
12	Sat	9:13	2.5	9:40	3.3	3:54	0.9	3:41	0.9	6:01	8:00	
13	Sun	10:21	2.6	10:39	3.5	4:46	0.7	4:37	0.8	6:02	7:58	
14	Mon	11:16	2.8	11:29	3.7	5:35	0.5	5:29	0.6	6:03	7:57	
15	Tue			12:02	3.0	6:22	0.2	6:20	0.4	6:04	7:55	
16	Wed	12:15	3.9	12:44	3.3	7:08	0.0	7:11	0.2	6:05	7:54	
17	Thu	12:58	4.0	1:27	3.5	7:52	-0.2	8:02	0.0	6:06	7:53	
18	Fri	1:43	4.1	2:12	3.7	8:36	-0.3	8:52	-0.1	6:07	7:51	
19	Sat	2:29	4.0	3:00	3.8	9:18	-0.3	9:41	-0.1	6:08	7:50	
20	Sun	3:19	3.8	3:52	3.9	10:00	-0.3	10:31	0.0	6:09	7:48	
21	Mon	4:14	3.6	4:48	3.9	10:44	-0.2	11:26	0.2	6:10	7:47	
22	Tue	5:13	3.4	5:45	3.8	11:34	0.0			6:11	7:45	
23	Wed	6:13	3.2	6:43	3.7	12:30	0.4	12:32	0.3	6:12	7:43	
24	Thu	7:13	3.1	7:43	3.6	1:40	0.5	1:40	0.5	6:13	7:42	
25	Fri	8:17	2.9	8:47	3.5	2:49	0.5	2:48	0.5	6:14	7:40	
26	Sat	9:25	2.9	9:54	3.5	3:53	0.5	3:52	0.6	6:15	7:39	
27	Sun	10:32	3.0	10:56	3.6	4:49	0.4	4:49	0.5	6:16	7:37	
28	Mon	11:28	3.2	11:46	3.6	5:40	0.3	5:42	0.4	6:17	7:36	
29	Tue			12:15	3.3	6:27	0.2	6:31	0.4	6:18	7:34	
30	Wed	12:30	3.7	12:58	3.4	7:11	0.1	7:17	0.3	6:19	7:32	
31	Thu	1:09	3.7	1:37	3.5	7:52	0.1	8:01	0.3	6:20	7:31	