

Poughkeepsie, NY - Nov 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:36	2.9	1:41	3.5	8:00	0.5	8:46	0.4	6:28	4:50	
2	Thu	2:11	2.7	2:13	3.4	8:30	0.6	9:23	0.5	6:29	4:49	
3	Fri	2:53	2.6	2:54	3.3	9:01	0.7	10:04	0.6	6:30	4:48	
4	Sat	3:45	2.6	3:47	3.2	9:38	0.8	10:55	0.6	6:31	4:46	
5	Sun	4:45	2.6	4:48	3.2	10:27	0.9	11:59	0.6	6:32	4:45	
6	Mon	5:42	2.7	5:50	3.2	11:48	0.9			6:34	4:44	
7	Tue	6:38	2.8	6:50	3.2	1:03	0.5	1:17	0.8	6:35	4:43	
8	Wed	7:36	3.1	7:54	3.3	2:01	0.4	2:26	0.6	6:36	4:42	
9	Thu	8:36	3.4	8:59	3.3	2:53	0.1	3:26	0.3	6:37	4:41	
10	Fri	9:34	3.7	9:58	3.4	3:42	-0.1	4:21	0.0	6:39	4:40	
11	Sat	10:26	4.0	10:52	3.5	4:31	-0.3	5:15	-0.2	6:40	4:39	
12	Sun	11:14	4.2	11:42	3.6	5:21	-0.4	6:09	-0.4	6:41	4:38	
13	Mon			12:02	4.3	6:11	-0.4	7:02	-0.5	6:42	4:37	
14	Tue	12:34	3.5	12:52	4.2	7:03	-0.4	7:54	-0.4	6:43	4:36	
15	Wed	1:28	3.4	1:44	4.1	7:53	-0.3	8:44	-0.3	6:45	4:35	
16	Thu	2:26	3.3	2:41	3.8	8:44	-0.1	9:36	-0.2	6:46	4:34	
17	Fri	3:28	3.1	3:43	3.6	9:35	0.2	10:30	0.0	6:47	4:33	
18	Sat	4:30	3.0	4:44	3.4	10:31	0.4	11:29	0.2	6:48	4:33	
19	Sun	5:29	2.9	5:41	3.2	11:35	0.6			6:49	4:32	
20	Mon	6:23	2.9	6:35	3.0	12:31	0.3	12:43	0.7	6:51	4:31	
21	Tue	7:16	2.9	7:28	2.9	1:28	0.4	1:46	0.7	6:52	4:31	
22	Wed	8:09	3.0	8:23	2.8	2:19	0.4	2:43	0.7	6:53	4:30	
23	Thu	9:00	3.1	9:17	2.8	3:04	0.4	3:33	0.5	6:54	4:29	
24	Fri	9:47	3.2	10:05	2.8	3:46	0.3	4:19	0.4	6:55	4:29	
25	Sat	10:29	3.4	10:48	2.8	4:25	0.3	5:02	0.3	6:56	4:28	
26	Sun	11:07	3.5	11:28	2.8	5:04	0.3	5:45	0.2	6:58	4:28	
27	Mon	11:42	3.5			5:43	0.3	6:28	0.1	6:59	4:27	
28	Tue	12:05	2.8	12:15	3.5	6:23	0.3	7:09	0.1	7:00	4:27	
29	Wed	12:42	2.8	12:47	3.5	7:02	0.3	7:50	0.1	7:01	4:26	
30	Thu	1:18	2.7	1:20	3.4	7:39	0.3	8:28	0.1	7:02	4:26	