

Poughkeepsie, NY - Dec 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:55	2.6	1:55	3.4	8:15	0.4	9:07	0.1	7:03	4:26	
2	Sat	2:38	2.6	2:38	3.3	8:51	0.4	9:46	0.2	7:04	4:26	
3	Sun	3:27	2.6	3:29	3.2	9:31	0.5	10:31	0.2	7:05	4:25	
4	Mon	4:22	2.6	4:27	3.2	10:21	0.5	11:22	0.2	7:06	4:25	
5	Tue	5:17	2.8	5:25	3.1	11:32	0.6			7:07	4:25	
6	Wed	6:10	2.9	6:23	3.0	12:21	0.2	12:53	0.5	7:08	4:25	
7	Thu	7:05	3.1	7:24	3.0	1:21	0.1	2:04	0.4	7:09	4:25	
8	Fri	8:05	3.4	8:31	3.0	2:18	0.0	3:07	0.1	7:10	4:25	
9	Sat	9:07	3.6	9:36	3.0	3:13	-0.2	4:05	-0.1	7:11	4:25	
10	Sun	10:05	3.8	10:35	3.1	4:06	-0.3	5:00	-0.3	7:12	4:25	
11	Mon	10:58	3.9	11:29	3.2	4:59	-0.4	5:54	-0.4	7:12	4:25	
12	Tue	11:49	4.0			5:53	-0.4	6:48	-0.5	7:13	4:25	
13	Wed	12:22	3.2	12:39	3.9	6:46	-0.4	7:39	-0.6	7:14	4:25	
14	Thu	1:15	3.2	1:30	3.8	7:38	-0.3	8:28	-0.5	7:15	4:25	
15	Fri	2:11	3.1	2:24	3.6	8:28	-0.2	9:15	-0.4	7:15	4:26	
16	Sat	3:07	3.0	3:19	3.4	9:16	0.0	10:03	-0.2	7:16	4:26	
17	Sun	4:04	2.9	4:14	3.2	10:05	0.2	10:53	0.0	7:17	4:26	
18	Mon	4:58	2.9	5:06	3.0	11:00	0.4	11:45	0.2	7:17	4:27	
19	Tue	5:48	2.8	5:55	2.8			12:02	0.6	7:18	4:27	
20	Wed	6:35	2.8	6:44	2.6	12:38	0.3	1:05	0.7	7:18	4:27	
21	Thu	7:23	2.8	7:35	2.4	1:30	0.4	2:05	0.6	7:19	4:28	
22	Fri	8:14	2.9	8:32	2.4	2:18	0.4	2:59	0.5	7:19	4:28	
23	Sat	9:06	2.9	9:29	2.4	3:04	0.4	3:48	0.4	7:20	4:29	
24	Sun	9:55	3.1	10:20	2.4	3:48	0.4	4:35	0.3	7:20	4:30	
25	Mon	10:39	3.2	11:05	2.5	4:31	0.3	5:20	0.1	7:21	4:30	
26	Tue	11:18	3.3	11:45	2.6	5:14	0.2	6:04	0.0	7:21	4:31	
27	Wed	11:54	3.3			5:57	0.2	6:48	-0.1	7:21	4:32	
28	Thu	12:23	2.6	12:30	3.4	6:40	0.1	7:29	-0.2	7:22	4:32	
29	Fri	1:01	2.6	1:05	3.4	7:22	0.1	8:09	-0.3	7:22	4:33	
30	Sat	1:39	2.6	1:43	3.4	8:03	0.0	8:47	-0.3	7:22	4:34	
31	Sun	2:20	2.7	2:26	3.3	8:43	0.0	9:25	-0.3	7:22	4:35	