

Poughkeepsie, NY - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:00	2.8	3:10	3.2	9:23	0.1	10:01	-0.2	7:22	4:35	
2	Tue	3:51	2.9	4:04	3.1	10:12	0.1	10:45	-0.2	7:22	4:36	
3	Wed	4:44	3.0	5:00	3.0	11:13	0.2	11:39	-0.1	7:22	4:37	
4	Thu	5:39	3.1	5:58	2.8			12:29	0.3	7:22	4:38	
5	Fri	6:35	3.2	7:00	2.7	12:41	-0.1	1:43	0.2	7:22	4:39	
6	Sat	7:37	3.2	8:09	2.6	1:47	-0.1	2:49	0.1	7:22	4:40	
7	Sun	8:45	3.3	9:21	2.7	2:49	-0.1	3:50	-0.1	7:22	4:41	
8	Mon	9:51	3.5	10:25	2.8	3:49	-0.2	4:47	-0.3	7:22	4:42	
9	Tue	10:49	3.6	11:21	2.9	4:46	-0.3	5:41	-0.4	7:22	4:43	
10	Wed	11:41	3.7			5:41	-0.4	6:33	-0.6	7:22	4:44	
11	Thu	12:13	3.0	12:29	3.7	6:34	-0.4	7:22	-0.6	7:21	4:45	
12	Fri	1:03	3.1	1:17	3.6	7:24	-0.4	8:07	-0.6	7:21	4:46	
13	Sat	1:52	3.1	2:04	3.4	8:11	-0.3	8:50	-0.5	7:21	4:47	
14	Sun	2:41	3.0	2:51	3.3	8:55	-0.2	9:31	-0.4	7:20	4:48	
15	Mon	3:30	3.0	3:39	3.0	9:39	0.0	10:11	-0.2	7:20	4:50	
16	Tue	4:18	2.9	4:26	2.8	10:24	0.2	10:52	0.0	7:19	4:51	
17	Wed	5:04	2.8	5:12	2.6	11:15	0.4	11:37	0.2	7:19	4:52	
18	Thu	5:48	2.8	5:58	2.4			12:14	0.5	7:18	4:53	
19	Fri	6:33	2.7	6:46	2.2	12:27	0.4	1:17	0.6	7:18	4:54	
20	Sat	7:21	2.7	7:42	2.1	1:22	0.5	2:18	0.6	7:17	4:55	
21	Sun	8:16	2.7	8:46	2.1	2:17	0.5	3:12	0.5	7:17	4:57	
22	Mon	9:15	2.8	9:47	2.2	3:09	0.4	4:03	0.3	7:16	4:58	
23	Tue	10:07	2.9	10:37	2.3	3:59	0.3	4:50	0.1	7:15	4:59	
24	Wed	10:52	3.1	11:19	2.5	4:46	0.2	5:35	0.0	7:14	5:00	
25	Thu	11:31	3.3	11:58	2.7	5:32	0.1	6:19	-0.2	7:14	5:02	
26	Fri			12:09	3.4	6:18	-0.1	7:01	-0.4	7:13	5:03	
27	Sat	12:35	2.8	12:46	3.5	7:03	-0.2	7:41	-0.5	7:12	5:04	
28	Sun	1:12	2.9	1:25	3.5	7:46	-0.3	8:19	-0.6	7:11	5:05	
29	Mon	1:52	3.0	2:08	3.4	8:29	-0.3	8:57	-0.6	7:10	5:07	
30	Tue	2:36	3.1	2:55	3.2	9:13	-0.3	9:36	-0.5	7:09	5:08	
31	Wed	3:26	3.2	3:48	3.1	10:02	-0.2	10:18	-0.4	7:08	5:09	