

Poughkeepsie, NY - Apr 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:46	3.4	6:32	2.9			12:41	0.1	6:38	7:20	
2	Mon	6:50	3.3	7:34	2.8	12:45	0.3	1:51	0.2	6:36	7:21	
3	Tue	7:54	3.1	8:38	2.8	2:00	0.4	2:58	0.2	6:35	7:22	
4	Wed	9:01	3.0	9:43	2.9	3:10	0.4	3:57	0.1	6:33	7:24	
5	Thu	10:07	3.0	10:42	3.1	4:11	0.3	4:49	0.0	6:31	7:25	
6	Fri	11:03	3.1	11:31	3.2	5:05	0.2	5:35	0.0	6:30	7:26	
7	Sat	11:50	3.1			5:54	0.1	6:18	-0.1	6:28	7:27	
8	Sun	12:13	3.4	12:31	3.2	6:39	0.0	6:58	-0.1	6:26	7:28	
9	Mon	12:51	3.5	1:09	3.2	7:23	-0.1	7:36	0.0	6:25	7:29	
10	Tue	1:26	3.6	1:46	3.1	8:04	-0.1	8:13	0.0	6:23	7:30	
11	Wed	2:01	3.5	2:23	3.0	8:44	-0.1	8:47	0.1	6:21	7:31	
12	Thu	2:34	3.5	3:00	2.9	9:21	0.0	9:19	0.3	6:20	7:32	
13	Fri	3:08	3.3	3:40	2.7	9:57	0.1	9:49	0.4	6:18	7:33	
14	Sat	3:41	3.2	4:22	2.6	10:32	0.3	10:16	0.6	6:17	7:34	
15	Sun	4:17	3.1	5:09	2.5	11:09	0.4	10:47	0.7	6:15	7:36	
16	Mon	5:00	3.0	5:58	2.4	11:55	0.6	11:27	0.8	6:13	7:37	
17	Tue	5:51	2.9	6:48	2.4			12:57	0.6	6:12	7:38	
18	Wed	6:47	2.9	7:39	2.5	12:34	0.9	2:05	0.6	6:10	7:39	
19	Thu	7:45	2.9	8:36	2.7	2:10	0.9	3:04	0.5	6:09	7:40	
20	Fri	8:50	3.0	9:36	2.9	3:22	0.7	3:57	0.3	6:07	7:41	
21	Sat	9:57	3.1	10:32	3.3	4:21	0.4	4:45	0.1	6:06	7:42	
22	Sun	10:56	3.3	11:21	3.6	5:16	0.1	5:32	-0.1	6:04	7:43	
23	Mon	11:48	3.4			6:09	-0.1	6:19	-0.3	6:03	7:44	
24	Tue	12:07	3.9	12:36	3.5	7:01	-0.4	7:07	-0.4	6:01	7:45	
25	Wed	12:53	4.1	1:26	3.5	7:54	-0.5	7:57	-0.4	6:00	7:46	
26	Thu	1:41	4.2	2:18	3.4	8:45	-0.6	8:46	-0.4	5:58	7:48	
27	Fri	2:32	4.1	3:14	3.3	9:36	-0.5	9:36	-0.3	5:57	7:49	
28	Sat	3:28	4.0	4:16	3.2	10:27	-0.4	10:28	-0.1	5:56	7:50	
29	Sun	4:29	3.7	5:20	3.1	11:22	-0.2	11:25	0.2	5:54	7:51	
30	Mon	5:34	3.5	6:22	3.1			12:23	0.0	5:53	7:52	