

Poughkeepsie, NY - May 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:36	3.3	7:21	3.1	12:31	0.4	1:28	0.1	5:52	7:53	
2	Wed	7:34	3.2	8:18	3.1	1:42	0.6	2:30	0.2	5:50	7:54	
3	Thu	8:33	3.0	9:16	3.1	2:49	0.6	3:26	0.2	5:49	7:55	
4	Fri	9:33	3.0	10:11	3.2	3:48	0.5	4:16	0.2	5:48	7:56	
5	Sat	10:29	2.9	10:59	3.4	4:41	0.4	5:00	0.2	5:47	7:57	
6	Sun	11:19	3.0	11:41	3.5	5:29	0.3	5:41	0.2	5:45	7:58	
7	Mon			12:02	3.0	6:14	0.2	6:21	0.2	5:44	7:59	
8	Tue	12:20	3.6	12:42	3.0	6:57	0.1	7:00	0.3	5:43	8:00	
9	Wed	12:56	3.6	1:20	2.9	7:40	0.1	7:39	0.3	5:42	8:02	
10	Thu	1:30	3.6	1:58	2.9	8:20	0.1	8:16	0.4	5:41	8:03	
11	Fri	2:04	3.5	2:37	2.8	8:59	0.1	8:52	0.5	5:40	8:04	
12	Sat	2:36	3.4	3:17	2.7	9:37	0.2	9:26	0.6	5:38	8:05	
13	Sun	3:09	3.3	4:00	2.6	10:13	0.2	9:58	0.7	5:37	8:06	
14	Mon	3:45	3.2	4:47	2.6	10:50	0.3	10:31	0.7	5:36	8:07	
15	Tue	4:29	3.2	5:34	2.6	11:31	0.4	11:13	0.8	5:35	8:08	
16	Wed	5:21	3.1	6:21	2.7			12:20	0.5	5:34	8:09	
17	Thu	6:15	3.1	7:08	2.8	12:12	0.9	1:18	0.5	5:33	8:10	
18	Fri	7:11	3.1	7:57	3.0	1:36	0.9	2:17	0.4	5:33	8:11	
19	Sat	8:10	3.1	8:53	3.3	2:51	0.7	3:12	0.3	5:32	8:12	
20	Sun	9:15	3.1	9:53	3.6	3:55	0.4	4:05	0.1	5:31	8:13	
21	Mon	10:21	3.1	10:50	3.8	4:52	0.2	4:56	0.0	5:30	8:14	
22	Tue	11:21	3.3	11:42	4.1	5:48	-0.1	5:47	-0.2	5:29	8:15	
23	Wed			12:16	3.3	6:43	-0.3	6:41	-0.2	5:28	8:15	
24	Thu	12:33	4.2	1:09	3.4	7:37	-0.4	7:35	-0.3	5:28	8:16	
25	Fri	1:24	4.3	2:05	3.4	8:30	-0.5	8:29	-0.2	5:27	8:17	
26	Sat	2:18	4.2	3:03	3.3	9:22	-0.5	9:22	-0.1	5:26	8:18	
27	Sun	3:15	4.0	4:05	3.3	10:13	-0.4	10:15	0.0	5:26	8:19	
28	Mon	4:16	3.8	5:06	3.3	11:05	-0.2	11:10	0.3	5:25	8:20	
29	Tue	5:17	3.6	6:05	3.2			12:00	-0.1	5:24	8:21	
30	Wed	6:14	3.4	6:59	3.2	12:10	0.5	12:58	0.1	5:24	8:21	
31	Thu	7:07	3.2	7:50	3.2	1:16	0.6	1:55	0.2	5:23	8:22	