

Poughkeepsie, NY - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:12	2.7	8:49	3.3	2:43	0.8	2:52	0.6	5:24	8:34	
2	Mon	9:06	2.6	9:40	3.3	3:39	0.7	3:40	0.6	5:25	8:34	
3	Tue	10:05	2.6	10:32	3.4	4:30	0.7	4:26	0.6	5:25	8:33	
4	Wed	11:00	2.6	11:19	3.4	5:17	0.6	5:10	0.6	5:26	8:33	
5	Thu	11:48	2.7			6:03	0.4	5:55	0.6	5:27	8:33	
6	Fri	12:01	3.5	12:32	2.8	6:48	0.3	6:40	0.6	5:27	8:33	
7	Sat	12:40	3.6	1:13	2.8	7:31	0.2	7:24	0.5	5:28	8:32	
8	Sun	1:17	3.6	1:52	2.9	8:13	0.1	8:08	0.5	5:29	8:32	
9	Mon	1:52	3.6	2:30	2.9	8:52	0.1	8:49	0.5	5:29	8:32	
10	Tue	2:27	3.6	3:08	3.0	9:29	0.0	9:28	0.5	5:30	8:31	
11	Wed	3:05	3.5	3:49	3.1	10:05	0.0	10:08	0.5	5:31	8:31	
12	Thu	3:47	3.5	4:33	3.2	10:40	0.1	10:51	0.5	5:31	8:30	
13	Fri	4:35	3.4	5:20	3.3	11:18	0.1	11:44	0.6	5:32	8:30	
14	Sat	5:28	3.2	6:09	3.4			12:02	0.2	5:33	8:29	
15	Sun	6:23	3.1	7:01	3.6	12:51	0.6	12:57	0.2	5:34	8:29	
16	Mon	7:21	3.0	7:56	3.6	2:05	0.6	2:01	0.3	5:35	8:28	
17	Tue	8:25	2.9	9:00	3.7	3:14	0.5	3:07	0.3	5:35	8:27	
18	Wed	9:37	2.9	10:09	3.8	4:17	0.3	4:10	0.2	5:36	8:27	
19	Thu	10:48	3.0	11:13	3.9	5:16	0.1	5:11	0.1	5:37	8:26	
20	Fri	11:50	3.2			6:11	0.0	6:09	0.0	5:38	8:25	
21	Sat	12:09	4.0	12:45	3.4	7:05	-0.2	7:05	0.0	5:39	8:24	
22	Sun	1:01	4.1	1:38	3.5	7:57	-0.3	8:00	0.0	5:40	8:23	
23	Mon	1:51	4.0	2:29	3.5	8:45	-0.4	8:50	0.0	5:41	8:23	
24	Tue	2:41	3.9	3:21	3.5	9:30	-0.3	9:38	0.1	5:42	8:22	
25	Wed	3:30	3.7	4:12	3.5	10:13	-0.2	10:25	0.3	5:43	8:21	
26	Thu	4:20	3.5	5:02	3.4	10:54	0.0	11:12	0.5	5:44	8:20	
27	Fri	5:10	3.3	5:50	3.4	11:37	0.2			5:45	8:19	
28	Sat	5:59	3.0	6:35	3.3	12:04	0.7	12:21	0.5	5:45	8:18	
29	Sun	6:46	2.8	7:20	3.3	1:01	0.8	1:10	0.7	5:46	8:17	
30	Mon	7:34	2.7	8:06	3.2	2:03	0.9	2:03	0.8	5:47	8:16	
31	Tue	8:26	2.5	8:58	3.2	3:02	0.9	2:57	0.9	5:48	8:15	