

Poughkeepsie, NY - Aug 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:27	2.5	9:54	3.2	3:57	0.8	3:50	0.9	5:49	8:14	
2	Thu	10:28	2.6	10:48	3.3	4:47	0.7	4:40	0.8	5:50	8:13	
3	Fri	11:21	2.7	11:35	3.5	5:33	0.6	5:28	0.7	5:51	8:11	
4	Sat			12:06	2.8	6:18	0.4	6:14	0.6	5:52	8:10	
5	Sun	12:15	3.6	12:45	3.0	7:01	0.3	7:00	0.5	5:53	8:09	
6	Mon	12:52	3.7	1:22	3.1	7:43	0.1	7:44	0.4	5:54	8:08	
7	Tue	1:28	3.7	1:58	3.2	8:22	0.0	8:28	0.3	5:55	8:07	
8	Wed	2:04	3.7	2:35	3.4	9:00	-0.1	9:10	0.3	5:56	8:05	
9	Thu	2:43	3.7	3:14	3.5	9:36	-0.1	9:53	0.3	5:57	8:04	
10	Fri	3:26	3.6	3:59	3.6	10:12	0.0	10:38	0.3	5:58	8:03	
11	Sat	4:16	3.4	4:50	3.6	10:50	0.0	11:31	0.4	6:00	8:01	
12	Sun	5:11	3.3	5:44	3.7	11:35	0.2			6:01	8:00	
13	Mon	6:10	3.1	6:42	3.7	12:36	0.5	12:32	0.3	6:02	7:59	
14	Tue	7:12	3.0	7:42	3.7	1:50	0.6	1:43	0.4	6:03	7:57	
15	Wed	8:18	2.9	8:49	3.6	3:00	0.5	2:55	0.4	6:04	7:56	
16	Thu	9:31	3.0	10:01	3.7	4:04	0.4	4:01	0.4	6:05	7:54	
17	Fri	10:41	3.1	11:05	3.8	5:02	0.2	5:02	0.3	6:06	7:53	
18	Sat	11:40	3.3	11:59	3.9	5:55	0.1	5:58	0.2	6:07	7:51	
19	Sun			12:31	3.5	6:46	-0.1	6:52	0.1	6:08	7:50	
20	Mon	12:47	4.0	1:19	3.6	7:34	-0.2	7:42	0.1	6:09	7:48	
21	Tue	1:32	3.9	2:05	3.7	8:19	-0.2	8:30	0.1	6:10	7:47	
22	Wed	2:16	3.8	2:49	3.7	9:01	-0.2	9:15	0.2	6:11	7:45	
23	Thu	3:00	3.6	3:34	3.6	9:39	0.0	9:58	0.3	6:12	7:44	
24	Fri	3:45	3.4	4:19	3.5	10:16	0.2	10:40	0.5	6:13	7:42	
25	Sat	4:32	3.2	5:05	3.4	10:52	0.4	11:24	0.7	6:14	7:41	
26	Sun	5:21	3.0	5:51	3.3	11:28	0.7			6:15	7:39	
27	Mon	6:10	2.8	6:37	3.2	12:16	0.9	12:09	0.9	6:16	7:38	
28	Tue	6:59	2.6	7:24	3.2	1:17	1.0	1:05	1.0	6:17	7:36	
29	Wed	7:51	2.5	8:15	3.1	2:22	1.0	2:13	1.1	6:18	7:34	
30	Thu	8:50	2.5	9:14	3.2	3:21	1.0	3:16	1.1	6:19	7:33	
31	Fri	9:54	2.6	10:12	3.3	4:13	0.8	4:11	0.9	6:20	7:31	