

Poughkeepsie, NY - Jul 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:45	3.2	11:13	3.8	5:06	0.1	5:10	0.0	5:25	8:34	
2	Wed	11:40	3.2			5:58	0.0	6:00	0.1	5:25	8:34	
3	Thu	12:01	3.8	12:30	3.2	6:48	-0.1	6:48	0.1	5:26	8:33	
4	Fri	12:46	3.8	1:17	3.3	7:36	-0.1	7:36	0.2	5:26	8:33	
5	Sat	1:28	3.8	2:03	3.2	8:22	-0.1	8:21	0.2	5:27	8:33	
6	Sun	2:10	3.7	2:49	3.2	9:04	-0.1	9:03	0.3	5:27	8:33	
7	Mon	2:52	3.6	3:36	3.1	9:44	0.0	9:44	0.4	5:28	8:32	
8	Tue	3:35	3.4	4:23	3.1	10:22	0.1	10:23	0.6	5:29	8:32	
9	Wed	4:19	3.3	5:10	3.1	10:59	0.3	11:03	0.7	5:29	8:31	
10	Thu	5:03	3.1	5:55	3.0	11:38	0.4	11:48	0.8	5:30	8:31	
11	Fri	5:47	3.0	6:37	3.1			12:19	0.5	5:31	8:31	
12	Sat	6:28	2.9	7:17	3.1	12:43	0.9	1:06	0.6	5:32	8:30	
13	Sun	7:10	2.8	7:58	3.1	1:46	1.0	1:58	0.7	5:32	8:30	
14	Mon	7:56	2.7	8:44	3.2	2:47	0.9	2:52	0.6	5:33	8:29	
15	Tue	8:54	2.7	9:37	3.4	3:44	0.7	3:44	0.6	5:34	8:28	
16	Wed	9:59	2.8	10:31	3.6	4:37	0.5	4:35	0.4	5:35	8:28	
17	Thu	10:58	2.9	11:21	3.8	5:27	0.3	5:26	0.3	5:36	8:27	
18	Fri	11:50	3.1			6:17	0.1	6:17	0.1	5:37	8:26	
19	Sat	12:09	4.0	12:38	3.3	7:07	-0.1	7:10	0.0	5:37	8:26	
20	Sun	12:56	4.1	1:27	3.4	7:57	-0.3	8:03	-0.1	5:38	8:25	
21	Mon	1:44	4.2	2:19	3.6	8:45	-0.5	8:55	-0.2	5:39	8:24	
22	Tue	2:36	4.1	3:14	3.6	9:32	-0.5	9:46	-0.2	5:40	8:23	
23	Wed	3:32	4.0	4:12	3.7	10:19	-0.5	10:39	-0.1	5:41	8:22	
24	Thu	4:31	3.9	5:12	3.7	11:08	-0.4	11:37	0.1	5:42	8:21	
25	Fri	5:30	3.7	6:09	3.7			12:02	-0.2	5:43	8:21	
26	Sat	6:28	3.5	7:04	3.7	12:41	0.2	1:00	0.0	5:44	8:20	
27	Sun	7:24	3.3	8:00	3.7	1:47	0.3	2:01	0.1	5:45	8:19	
28	Mon	8:23	3.2	8:58	3.6	2:52	0.4	3:01	0.2	5:46	8:18	
29	Tue	9:25	3.1	9:58	3.6	3:52	0.3	3:57	0.3	5:47	8:17	
30	Wed	10:27	3.1	10:54	3.6	4:48	0.3	4:50	0.3	5:48	8:16	
31	Thu	11:23	3.1	11:43	3.7	5:39	0.2	5:39	0.3	5:49	8:14	