

Poughkeepsie, NY - Jul 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:19	4.2	12:57	3.4	7:25	-0.4	7:24	-0.2	5:25	8:34	
2	Sun	1:11	4.3	1:52	3.5	8:19	-0.5	8:20	-0.3	5:25	8:33	
3	Mon	2:06	4.3	2:50	3.5	9:10	-0.6	9:13	-0.2	5:26	8:33	
4	Tue	3:03	4.1	3:50	3.5	10:00	-0.5	10:06	-0.1	5:26	8:33	
5	Wed	4:02	4.0	4:51	3.5	10:51	-0.4	11:01	0.1	5:27	8:33	
6	Thu	5:03	3.8	5:49	3.5	11:43	-0.3			5:28	8:32	
7	Fri	6:00	3.6	6:44	3.5	12:00	0.3	12:39	-0.1	5:28	8:32	
8	Sat	6:55	3.4	7:35	3.5	1:04	0.4	1:37	0.1	5:29	8:32	
9	Sun	7:47	3.1	8:27	3.5	2:08	0.5	2:32	0.2	5:30	8:31	
10	Mon	8:42	3.0	9:20	3.4	3:09	0.5	3:24	0.3	5:30	8:31	
11	Tue	9:40	2.9	10:13	3.5	4:04	0.5	4:13	0.4	5:31	8:30	
12	Wed	10:37	2.8	11:02	3.5	4:55	0.4	4:59	0.4	5:32	8:30	
13	Thu	11:28	2.9	11:47	3.6	5:42	0.4	5:43	0.5	5:33	8:29	
14	Fri			12:13	2.9	6:28	0.3	6:27	0.5	5:33	8:29	
15	Sat	12:28	3.6	12:56	3.0	7:12	0.2	7:11	0.5	5:34	8:28	
16	Sun	1:06	3.7	1:36	3.0	7:54	0.2	7:53	0.5	5:35	8:28	
17	Mon	1:44	3.6	2:17	3.0	8:34	0.1	8:34	0.5	5:36	8:27	
18	Tue	2:20	3.6	2:57	3.0	9:12	0.1	9:12	0.5	5:37	8:26	
19	Wed	2:55	3.5	3:37	3.0	9:48	0.1	9:48	0.6	5:38	8:25	
20	Thu	3:30	3.4	4:16	3.0	10:22	0.2	10:23	0.7	5:39	8:25	
21	Fri	4:07	3.3	4:55	3.0	10:55	0.3	11:01	0.7	5:39	8:24	
22	Sat	4:50	3.2	5:35	3.1	11:30	0.3	11:48	0.8	5:40	8:23	
23	Sun	5:37	3.1	6:17	3.2			12:12	0.4	5:41	8:22	
24	Mon	6:29	3.1	7:04	3.4	12:55	0.8	1:06	0.4	5:42	8:21	
25	Tue	7:24	3.0	7:57	3.5	2:10	0.7	2:09	0.4	5:43	8:20	
26	Wed	8:26	3.0	8:59	3.7	3:19	0.6	3:14	0.3	5:44	8:19	
27	Thu	9:38	3.0	10:06	3.8	4:20	0.4	4:15	0.2	5:45	8:18	
28	Fri	10:47	3.2	11:09	4.0	5:17	0.1	5:14	0.0	5:46	8:17	
29	Sat	11:48	3.4			6:13	-0.1	6:12	-0.1	5:47	8:16	
30	Sun	12:06	4.2	12:43	3.5	7:07	-0.3	7:09	-0.2	5:48	8:15	
31	Mon	1:00	4.3	1:38	3.7	8:00	-0.5	8:05	-0.3	5:49	8:14	