

Poughkeepsie, NY - Nov 2000

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