

Poughkeepsie, NY - Jan 2001

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