

Poughkeepsie, NY - Jul 2007

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