

Poughkeepsie, NY - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:22	2.6	3:18	2.9	9:30	0.3	10:04	0.0	7:22	4:36	
2	Fri	4:00	2.6	4:02	2.8	10:09	0.4	10:39	0.1	7:22	4:37	
3	Sat	4:43	2.7	4:52	2.7	11:01	0.5	11:24	0.1	7:22	4:37	
4	Sun	5:29	2.9	5:46	2.6			12:18	0.5	7:22	4:38	
5	Mon	6:21	3.0	6:46	2.5	12:24	0.2	1:37	0.4	7:22	4:39	
6	Tue	7:20	3.1	7:55	2.5	1:32	0.1	2:46	0.2	7:22	4:40	
7	Wed	8:28	3.3	9:10	2.6	2:38	0.0	3:46	0.0	7:22	4:41	
8	Thu	9:38	3.5	10:17	2.8	3:40	-0.2	4:43	-0.3	7:22	4:42	
9	Fri	10:39	3.7	11:14	3.0	4:39	-0.3	5:38	-0.5	7:22	4:43	
10	Sat	11:33	3.8			5:36	-0.5	6:32	-0.7	7:21	4:44	
11	Sun	12:08	3.2	12:26	3.9	6:33	-0.6	7:23	-0.8	7:21	4:45	
12	Mon	1:01	3.3	1:18	3.9	7:27	-0.7	8:11	-0.9	7:21	4:47	
13	Tue	1:55	3.3	2:10	3.7	8:18	-0.6	8:57	-0.8	7:20	4:48	
14	Wed	2:49	3.3	3:04	3.5	9:08	-0.5	9:43	-0.7	7:20	4:49	
15	Thu	3:44	3.3	3:58	3.3	9:58	-0.3	10:31	-0.4	7:20	4:50	
16	Fri	4:37	3.2	4:51	3.0	10:52	0.0	11:21	-0.2	7:19	4:51	
17	Sat	5:28	3.1	5:42	2.7	11:53	0.2			7:19	4:52	
18	Sun	6:17	3.0	6:34	2.5	12:15	0.1	12:57	0.3	7:18	4:53	
19	Mon	7:08	2.9	7:29	2.3	1:12	0.2	1:59	0.4	7:17	4:55	
20	Tue	8:02	2.8	8:30	2.2	2:07	0.3	2:57	0.4	7:17	4:56	
21	Wed	9:01	2.8	9:32	2.3	3:00	0.4	3:49	0.3	7:16	4:57	
22	Thu	9:56	2.9	10:25	2.3	3:50	0.3	4:37	0.2	7:16	4:58	
23	Fri	10:43	3.0	11:10	2.5	4:36	0.3	5:21	0.1	7:15	5:00	
24	Sat	11:25	3.1	11:51	2.6	5:21	0.2	6:04	-0.1	7:14	5:01	
25	Sun			12:03	3.2	6:05	0.1	6:45	-0.2	7:13	5:02	
26	Mon	12:29	2.7	12:39	3.2	6:47	0.0	7:23	-0.3	7:12	5:03	
27	Tue	1:04	2.7	1:12	3.2	7:27	0.0	7:58	-0.3	7:12	5:05	
28	Wed	1:37	2.8	1:43	3.1	8:04	0.0	8:31	-0.3	7:11	5:06	
29	Thu	2:09	2.8	2:15	3.0	8:39	0.0	9:02	-0.3	7:10	5:07	
30	Fri	2:41	2.8	2:51	2.9	9:14	0.0	9:32	-0.2	7:09	5:08	
31	Sat	3:17	2.9	3:34	2.8	9:52	0.1	10:04	-0.1	7:08	5:10	