

Poughkeepsie, NY - Jun 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:05	3.2	8:49	3.5	2:28	0.4	2:55	0.1	5:23	8:23	
2	Tue	9:04	3.0	9:45	3.5	3:30	0.4	3:48	0.1	5:22	8:24	
3	Wed	10:05	2.9	10:38	3.6	4:26	0.3	4:37	0.2	5:22	8:25	
4	Thu	11:01	2.9	11:25	3.7	5:18	0.2	5:23	0.2	5:22	8:26	
5	Fri	11:50	2.9			6:06	0.2	6:08	0.3	5:21	8:26	
6	Sat	12:08	3.7	12:35	2.9	6:53	0.1	6:52	0.3	5:21	8:27	
7	Sun	12:49	3.7	1:18	2.9	7:38	0.1	7:36	0.4	5:21	8:28	
8	Mon	1:28	3.7	2:01	2.9	8:21	0.1	8:18	0.5	5:21	8:28	
9	Tue	2:07	3.6	2:45	2.9	9:02	0.1	8:58	0.5	5:20	8:29	
10	Wed	2:47	3.5	3:30	2.8	9:40	0.2	9:36	0.6	5:20	8:29	
11	Thu	3:27	3.3	4:17	2.8	10:17	0.2	10:12	0.7	5:20	8:30	
12	Fri	4:08	3.2	5:04	2.8	10:53	0.3	10:48	0.8	5:20	8:30	
13	Sat	4:51	3.1	5:47	2.8	11:29	0.4	11:30	0.9	5:20	8:31	
14	Sun	5:33	3.0	6:25	2.9			12:09	0.5	5:20	8:31	
15	Mon	6:15	2.9	7:02	3.0	12:25	1.0	12:54	0.5	5:20	8:32	
16	Tue	7:00	2.9	7:41	3.1	1:36	1.0	1:45	0.5	5:20	8:32	
17	Wed	7:51	2.8	8:28	3.3	2:44	0.9	2:39	0.5	5:20	8:32	
18	Thu	8:51	2.8	9:24	3.5	3:44	0.7	3:34	0.4	5:20	8:33	
19	Fri	9:59	2.8	10:23	3.7	4:41	0.4	4:28	0.3	5:20	8:33	
20	Sat	11:03	2.9	11:20	3.9	5:35	0.2	5:23	0.1	5:21	8:33	
21	Sun	11:59	3.1			6:29	0.0	6:19	0.0	5:21	8:33	
22	Mon	12:13	4.1	12:53	3.2	7:23	-0.2	7:16	-0.1	5:21	8:34	
23	Tue	1:05	4.2	1:48	3.3	8:16	-0.4	8:12	-0.2	5:21	8:34	
24	Wed	1:59	4.2	2:45	3.4	9:06	-0.5	9:07	-0.2	5:22	8:34	
25	Thu	2:56	4.1	3:45	3.5	9:55	-0.5	10:00	-0.1	5:22	8:34	
26	Fri	3:55	3.9	4:45	3.5	10:44	-0.4	10:55	0.1	5:22	8:34	
27	Sat	4:55	3.7	5:42	3.6	11:35	-0.3	11:54	0.2	5:23	8:34	
28	Sun	5:52	3.5	6:37	3.6			12:30	-0.1	5:23	8:34	
29	Mon	6:47	3.3	7:28	3.6	12:58	0.4	1:26	0.1	5:24	8:34	
30	Tue	7:40	3.1	8:19	3.5	2:03	0.5	2:22	0.2	5:24	8:34	