

Poughkeepsie, NY - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	8:35	2.9	9:13	3.5	3:05	0.5	3:16	0.3	5:25	8:34	
2	Thu	9:35	2.8	10:07	3.5	4:03	0.5	4:07	0.4	5:25	8:34	
3	Fri	10:35	2.7	10:59	3.5	4:55	0.4	4:55	0.5	5:26	8:33	
4	Sat	11:28	2.8	11:45	3.6	5:43	0.4	5:41	0.5	5:26	8:33	
5	Sun			12:15	2.8	6:30	0.3	6:26	0.5	5:27	8:33	
6	Mon	12:28	3.6	12:58	2.9	7:15	0.2	7:11	0.5	5:28	8:33	
7	Tue	1:08	3.6	1:39	2.9	7:57	0.2	7:55	0.5	5:28	8:32	
8	Wed	1:46	3.6	2:21	2.9	8:37	0.1	8:36	0.5	5:29	8:32	
9	Thu	2:23	3.5	3:02	2.9	9:14	0.1	9:14	0.6	5:30	8:31	
10	Fri	2:59	3.4	3:42	2.9	9:49	0.2	9:50	0.6	5:30	8:31	
11	Sat	3:35	3.3	4:21	3.0	10:21	0.2	10:25	0.7	5:31	8:31	
12	Sun	4:10	3.2	4:58	3.0	10:52	0.3	11:02	0.8	5:32	8:30	
13	Mon	4:49	3.1	5:34	3.1	11:23	0.4	11:47	0.8	5:33	8:29	
14	Tue	5:33	3.0	6:13	3.2	11:59	0.4			5:33	8:29	
15	Wed	6:22	2.9	6:56	3.3	12:50	0.9	12:46	0.5	5:34	8:28	
16	Thu	7:15	2.8	7:47	3.4	2:06	0.8	1:48	0.5	5:35	8:28	
17	Fri	8:16	2.8	8:47	3.6	3:15	0.7	2:56	0.4	5:36	8:27	
18	Sat	9:29	2.8	9:56	3.7	4:17	0.5	4:02	0.3	5:37	8:26	
19	Sun	10:41	2.9	11:02	3.9	5:15	0.2	5:04	0.2	5:38	8:26	
20	Mon	11:43	3.2			6:10	0.0	6:03	0.0	5:38	8:25	
21	Tue	12:00	4.1	12:39	3.4	7:04	-0.2	7:02	-0.1	5:39	8:24	
22	Wed	12:54	4.2	1:33	3.6	7:56	-0.4	7:59	-0.2	5:40	8:23	
23	Thu	1:47	4.2	2:28	3.7	8:46	-0.5	8:53	-0.2	5:41	8:22	
24	Fri	2:41	4.1	3:23	3.7	9:33	-0.5	9:45	-0.2	5:42	8:21	
25	Sat	3:35	3.9	4:19	3.8	10:19	-0.5	10:36	0.0	5:43	8:20	
26	Sun	4:31	3.7	5:14	3.7	11:06	-0.3	11:31	0.2	5:44	8:20	
27	Mon	5:27	3.5	6:07	3.7	11:56	0.0			5:45	8:19	
28	Tue	6:21	3.2	6:57	3.6	12:30	0.4	12:49	0.2	5:46	8:18	
29	Wed	7:13	3.0	7:47	3.5	1:34	0.6	1:46	0.5	5:47	8:17	
30	Thu	8:07	2.8	8:40	3.4	2:37	0.7	2:43	0.6	5:48	8:15	
31	Fri	9:06	2.7	9:36	3.4	3:36	0.7	3:38	0.7	5:49	8:14	