

Poughkeepsie, NY - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:08	2.7	10:33	3.4	4:30	0.6	4:29	0.7	5:50	8:13	
2	Sun	11:04	2.7	11:23	3.5	5:18	0.5	5:17	0.7	5:51	8:12	
3	Mon	11:52	2.8			6:04	0.4	6:03	0.6	5:52	8:11	
4	Tue	12:06	3.5	12:35	3.0	6:47	0.3	6:47	0.6	5:53	8:10	
5	Wed	12:46	3.6	1:14	3.1	7:28	0.2	7:31	0.5	5:54	8:09	
6	Thu	1:23	3.6	1:52	3.1	8:07	0.2	8:12	0.5	5:55	8:07	
7	Fri	1:57	3.6	2:27	3.2	8:43	0.1	8:51	0.5	5:56	8:06	
8	Sat	2:30	3.5	3:00	3.2	9:16	0.1	9:28	0.5	5:57	8:05	
9	Sun	3:01	3.4	3:32	3.2	9:47	0.2	10:03	0.6	5:58	8:03	
10	Mon	3:34	3.3	4:04	3.3	10:16	0.2	10:39	0.6	5:59	8:02	
11	Tue	4:13	3.1	4:43	3.3	10:45	0.3	11:21	0.7	6:00	8:01	
12	Wed	5:01	3.0	5:30	3.4	11:20	0.4			6:01	7:59	
13	Thu	5:55	2.9	6:22	3.5	12:20	0.8	12:07	0.5	6:02	7:58	
14	Fri	6:54	2.8	7:20	3.5	1:39	0.8	1:15	0.6	6:03	7:57	
15	Sat	7:59	2.8	8:26	3.6	2:53	0.7	2:36	0.6	6:04	7:55	
16	Sun	9:14	2.9	9:41	3.7	3:58	0.5	3:49	0.4	6:05	7:54	
17	Mon	10:28	3.1	10:51	3.9	4:56	0.3	4:53	0.2	6:06	7:52	
18	Tue	11:30	3.3	11:49	4.1	5:50	0.0	5:52	0.0	6:07	7:51	
19	Wed			12:24	3.6	6:42	-0.2	6:49	-0.1	6:08	7:49	
20	Thu	12:41	4.2	1:15	3.8	7:33	-0.4	7:44	-0.2	6:09	7:48	
21	Fri	1:31	4.2	2:06	4.0	8:21	-0.5	8:36	-0.2	6:10	7:46	
22	Sat	2:20	4.1	2:56	4.0	9:07	-0.5	9:26	-0.2	6:11	7:45	
23	Sun	3:11	3.9	3:47	3.9	9:51	-0.3	10:14	0.0	6:12	7:43	
24	Mon	4:04	3.6	4:40	3.8	10:34	-0.1	11:04	0.2	6:13	7:42	
25	Tue	4:58	3.4	5:32	3.7	11:20	0.2	11:59	0.5	6:14	7:40	
26	Wed	5:53	3.1	6:23	3.5			12:09	0.5	6:15	7:38	
27	Thu	6:47	2.9	7:14	3.4	1:00	0.7	1:06	0.8	6:16	7:37	
28	Fri	7:40	2.7	8:06	3.3	2:04	0.8	2:08	0.9	6:17	7:35	
29	Sat	8:38	2.7	9:04	3.2	3:06	0.8	3:08	1.0	6:18	7:34	
30	Sun	9:39	2.7	10:03	3.3	4:01	0.8	4:03	0.9	6:19	7:32	
31	Mon	10:37	2.8	10:56	3.4	4:49	0.7	4:52	0.8	6:21	7:30	