

Poughkeepsie, NY - Nov 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:04	3.7	11:27	3.3	5:11	0.2	5:53	0.2	6:28	4:50	
2	Mon	11:38	3.8			5:52	0.1	6:39	0.0	6:29	4:49	
3	Tue	12:06	3.3	12:13	3.9	6:34	0.0	7:25	-0.1	6:30	4:47	
4	Wed	12:47	3.2	12:53	4.0	7:17	0.0	8:11	-0.1	6:31	4:46	
5	Thu	1:33	3.2	1:40	3.9	8:02	0.0	8:58	0.0	6:33	4:45	
6	Fri	2:27	3.1	2:35	3.8	8:48	0.1	9:48	0.1	6:34	4:44	
7	Sat	3:30	3.0	3:39	3.7	9:40	0.2	10:45	0.2	6:35	4:43	
8	Sun	4:38	3.0	4:48	3.5	10:42	0.4	11:49	0.2	6:36	4:42	
9	Mon	5:41	3.1	5:53	3.4	11:57	0.5			6:38	4:41	
10	Tue	6:41	3.2	6:55	3.3	12:54	0.2	1:11	0.5	6:39	4:40	
11	Wed	7:41	3.3	7:57	3.3	1:55	0.1	2:18	0.4	6:40	4:39	
12	Thu	8:42	3.5	9:00	3.2	2:50	0.0	3:18	0.2	6:41	4:38	
13	Fri	9:38	3.7	9:57	3.3	3:40	-0.1	4:12	0.1	6:42	4:37	
14	Sat	10:27	3.8	10:47	3.3	4:28	-0.1	5:03	-0.1	6:44	4:36	
15	Sun	11:12	3.9	11:33	3.2	5:14	-0.1	5:52	-0.1	6:45	4:35	
16	Mon	11:54	3.9			5:59	-0.1	6:39	-0.1	6:46	4:34	
17	Tue	12:17	3.2	12:34	3.8	6:43	0.0	7:24	-0.1	6:47	4:33	
18	Wed	1:01	3.1	1:15	3.7	7:26	0.1	8:07	0.0	6:48	4:33	
19	Thu	1:46	2.9	1:58	3.5	8:06	0.3	8:48	0.1	6:50	4:32	
20	Fri	2:34	2.8	2:43	3.4	8:45	0.4	9:29	0.2	6:51	4:31	
21	Sat	3:25	2.7	3:31	3.2	9:23	0.6	10:11	0.4	6:52	4:30	
22	Sun	4:18	2.6	4:22	3.0	10:03	0.8	10:56	0.5	6:53	4:30	
23	Mon	5:09	2.6	5:11	2.9	10:53	0.9	11:48	0.6	6:54	4:29	
24	Tue	5:55	2.6	5:57	2.8	11:59	1.0			6:55	4:29	
25	Wed	6:40	2.7	6:43	2.7	12:42	0.6	1:08	1.0	6:57	4:28	
26	Thu	7:25	2.8	7:33	2.7	1:33	0.5	2:09	0.8	6:58	4:28	
27	Fri	8:13	2.9	8:29	2.7	2:21	0.5	3:03	0.7	6:59	4:27	
28	Sat	9:01	3.1	9:25	2.8	3:06	0.3	3:52	0.4	7:00	4:27	
29	Sun	9:47	3.3	10:15	2.9	3:50	0.2	4:40	0.2	7:01	4:26	
30	Mon	10:30	3.6	11:01	3.0	4:34	0.1	5:29	0.0	7:02	4:26	