

Poughkeepsie, NY - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:20	3.1	12:34	3.9	6:47	-0.5	7:39	-0.7	7:22	4:35	
2	Sat	1:12	3.2	1:26	3.9	7:40	-0.6	8:26	-0.8	7:22	4:36	
3	Sun	2:07	3.3	2:20	3.8	8:31	-0.6	9:13	-0.8	7:22	4:37	
4	Mon	3:04	3.3	3:17	3.6	9:23	-0.5	10:02	-0.7	7:22	4:38	
5	Tue	4:02	3.3	4:16	3.3	10:18	-0.3	10:54	-0.5	7:22	4:39	
6	Wed	4:59	3.3	5:13	3.1	11:19	-0.1	11:50	-0.3	7:22	4:40	
7	Thu	5:54	3.3	6:08	2.9			12:26	0.1	7:22	4:41	
8	Fri	6:48	3.2	7:06	2.7	12:50	-0.1	1:33	0.2	7:22	4:42	
9	Sat	7:44	3.1	8:08	2.5	1:50	0.0	2:35	0.2	7:22	4:43	
10	Sun	8:44	3.1	9:12	2.5	2:46	0.1	3:32	0.1	7:22	4:44	
11	Mon	9:42	3.1	10:10	2.5	3:39	0.1	4:24	0.0	7:21	4:45	
12	Tue	10:33	3.2	11:00	2.6	4:28	0.1	5:13	-0.1	7:21	4:46	
13	Wed	11:17	3.2	11:43	2.7	5:15	0.1	5:58	-0.1	7:21	4:47	
14	Thu	11:58	3.3			6:00	0.0	6:41	-0.2	7:20	4:49	
15	Fri	12:24	2.7	12:37	3.3	6:44	0.0	7:21	-0.2	7:20	4:50	
16	Sat	1:04	2.7	1:15	3.2	7:25	0.0	7:58	-0.3	7:19	4:51	
17	Sun	1:43	2.7	1:51	3.1	8:03	0.0	8:32	-0.2	7:19	4:52	
18	Mon	2:21	2.7	2:26	3.0	8:39	0.1	9:04	-0.2	7:18	4:53	
19	Tue	2:57	2.7	3:00	2.8	9:12	0.2	9:33	-0.1	7:18	4:54	
20	Wed	3:32	2.7	3:35	2.7	9:45	0.3	10:01	0.0	7:17	4:56	
21	Thu	4:06	2.7	4:14	2.6	10:21	0.4	10:32	0.1	7:16	4:57	
22	Fri	4:43	2.7	4:59	2.5	11:11	0.5	11:13	0.2	7:16	4:58	
23	Sat	5:25	2.8	5:50	2.4			12:28	0.5	7:15	4:59	
24	Sun	6:15	2.9	6:49	2.3	12:12	0.3	1:46	0.5	7:14	5:01	
25	Mon	7:15	3.0	8:01	2.3	1:28	0.3	2:52	0.3	7:13	5:02	
26	Tue	8:27	3.1	9:17	2.5	2:40	0.1	3:51	0.0	7:13	5:03	
27	Wed	9:39	3.3	10:20	2.7	3:43	-0.1	4:45	-0.2	7:12	5:04	
28	Thu	10:39	3.6	11:14	3.0	4:41	-0.3	5:38	-0.5	7:11	5:06	
29	Fri	11:32	3.8			5:38	-0.5	6:28	-0.7	7:10	5:07	
30	Sat	12:05	3.3	12:22	3.9	6:33	-0.7	7:17	-0.9	7:09	5:08	
31	Sun	12:56	3.4	1:13	3.8	7:26	-0.8	8:04	-1.0	7:08	5:09	