

Poughkeepsie, NY - Jul 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:32	3.2	5:17	3.0	11:02	0.3	11:14	0.8	5:25	8:34	
2	Fri	5:15	3.0	5:59	3.0	11:37	0.4			5:25	8:34	
3	Sat	5:58	2.9	6:38	3.0	12:01	0.9	12:15	0.5	5:26	8:33	
4	Sun	6:39	2.8	7:14	3.1	12:59	1.0	12:58	0.6	5:26	8:33	
5	Mon	7:21	2.7	7:53	3.1	2:04	1.0	1:50	0.6	5:27	8:33	
6	Tue	8:11	2.6	8:39	3.2	3:05	0.9	2:46	0.6	5:27	8:33	
7	Wed	9:13	2.6	9:35	3.4	4:01	0.7	3:42	0.6	5:28	8:32	
8	Thu	10:19	2.7	10:34	3.6	4:54	0.5	4:36	0.5	5:29	8:32	
9	Fri	11:17	2.8	11:27	3.8	5:45	0.3	5:30	0.3	5:29	8:32	
10	Sat			12:08	3.0	6:36	0.1	6:24	0.1	5:30	8:31	
11	Sun	12:17	4.0	12:58	3.2	7:26	-0.1	7:20	0.0	5:31	8:31	
12	Mon	1:06	4.1	1:48	3.4	8:15	-0.3	8:14	-0.1	5:32	8:30	
13	Tue	1:56	4.1	2:41	3.5	9:02	-0.4	9:06	-0.2	5:32	8:30	
14	Wed	2:49	4.1	3:36	3.6	9:48	-0.5	9:58	-0.1	5:33	8:29	
15	Thu	3:45	3.9	4:34	3.7	10:35	-0.4	10:52	0.0	5:34	8:28	
16	Fri	4:44	3.7	5:31	3.7	11:24	-0.3	11:50	0.2	5:35	8:28	
17	Sat	5:42	3.5	6:26	3.8			12:17	-0.1	5:36	8:27	
18	Sun	6:38	3.3	7:19	3.7	12:55	0.3	1:15	0.1	5:37	8:26	
19	Mon	7:35	3.1	8:14	3.7	2:02	0.4	2:16	0.2	5:37	8:26	
20	Tue	8:34	2.9	9:12	3.6	3:06	0.4	3:15	0.3	5:38	8:25	
21	Wed	9:39	2.8	10:11	3.6	4:05	0.4	4:10	0.4	5:39	8:24	
22	Thu	10:42	2.8	11:07	3.6	5:00	0.3	5:03	0.4	5:40	8:23	
23	Fri	11:37	2.9	11:55	3.7	5:50	0.3	5:52	0.4	5:41	8:22	
24	Sat			12:24	3.0	6:38	0.2	6:40	0.4	5:42	8:22	
25	Sun	12:38	3.7	1:08	3.1	7:23	0.1	7:26	0.4	5:43	8:21	
26	Mon	1:19	3.7	1:49	3.1	8:05	0.1	8:10	0.4	5:44	8:20	
27	Tue	1:58	3.6	2:30	3.2	8:43	0.1	8:51	0.4	5:45	8:19	
28	Wed	2:37	3.5	3:10	3.2	9:19	0.1	9:29	0.5	5:46	8:18	
29	Thu	3:15	3.4	3:50	3.1	9:52	0.2	10:05	0.6	5:47	8:17	
30	Fri	3:52	3.2	4:29	3.1	10:23	0.3	10:41	0.7	5:48	8:16	
31	Sat	4:30	3.1	5:06	3.1	10:51	0.4	11:19	0.8	5:49	8:15	