

Poughkeepsie, NY - Aug 2010

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