

Poughkeepsie, NY - Jul 2019

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