

Poughkeepsie, NY - Jul 2070

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:29	3.2	7:08	3.4	12:56	0.7	1:13	0.3	5:25	8:34	
2	Wed	7:25	3.1	8:03	3.5	2:10	0.6	2:17	0.2	5:26	8:34	
3	Thu	8:28	3.1	9:05	3.7	3:18	0.5	3:19	0.1	5:26	8:33	
4	Fri	9:39	3.1	10:11	3.9	4:19	0.2	4:19	0.0	5:27	8:33	
5	Sat	10:48	3.2	11:12	4.1	5:17	0.0	5:17	-0.1	5:27	8:33	
6	Sun	11:48	3.4			6:12	-0.2	6:14	-0.2	5:28	8:33	
7	Mon	12:08	4.2	12:44	3.5	7:07	-0.4	7:10	-0.3	5:29	8:32	
8	Tue	1:01	4.3	1:39	3.6	8:00	-0.5	8:05	-0.3	5:29	8:32	
9	Wed	1:54	4.2	2:34	3.7	8:50	-0.6	8:58	-0.2	5:30	8:31	
10	Thu	2:47	4.1	3:30	3.6	9:39	-0.5	9:49	-0.1	5:31	8:31	
11	Fri	3:42	3.9	4:26	3.6	10:26	-0.4	10:39	0.1	5:31	8:31	
12	Sat	4:37	3.7	5:20	3.5	11:14	-0.2	11:32	0.3	5:32	8:30	
13	Sun	5:31	3.5	6:12	3.5			12:04	0.0	5:33	8:29	
14	Mon	6:23	3.2	7:01	3.4	12:29	0.5	12:56	0.3	5:34	8:29	
15	Tue	7:13	3.0	7:49	3.4	1:30	0.7	1:50	0.4	5:35	8:28	
16	Wed	8:03	2.9	8:38	3.3	2:30	0.7	2:43	0.5	5:35	8:28	
17	Thu	8:57	2.7	9:31	3.3	3:26	0.7	3:33	0.6	5:36	8:27	
18	Fri	9:55	2.7	10:24	3.4	4:18	0.6	4:21	0.6	5:37	8:26	
19	Sat	10:50	2.8	11:12	3.5	5:06	0.5	5:07	0.6	5:38	8:25	
20	Sun	11:39	2.9	11:55	3.5	5:51	0.4	5:52	0.5	5:39	8:25	
21	Mon			12:23	3.0	6:35	0.3	6:36	0.5	5:40	8:24	
22	Tue	12:35	3.6	1:03	3.0	7:18	0.2	7:20	0.4	5:41	8:23	
23	Wed	1:11	3.7	1:41	3.1	7:59	0.1	8:03	0.4	5:42	8:22	
24	Thu	1:46	3.6	2:17	3.1	8:39	0.0	8:44	0.4	5:43	8:21	
25	Fri	2:19	3.6	2:52	3.2	9:16	0.0	9:23	0.4	5:43	8:20	
26	Sat	2:55	3.6	3:30	3.2	9:51	0.0	10:01	0.4	5:44	8:19	
27	Sun	3:34	3.5	4:12	3.3	10:26	0.0	10:43	0.4	5:45	8:18	
28	Mon	4:21	3.4	4:59	3.4	11:03	0.1	11:32	0.5	5:46	8:17	
29	Tue	5:14	3.3	5:51	3.5	11:48	0.2			5:47	8:16	
30	Wed	6:11	3.2	6:45	3.6	12:37	0.6	12:44	0.3	5:48	8:15	
31	Thu	7:10	3.1	7:43	3.6	1:50	0.6	1:52	0.3	5:49	8:14	