

Poughkeepsie, NY - Jul 2076

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:11	3.7	1:45	3.0	8:07	0.1	7:59	0.4	5:25	8:34	
2	Thu	1:50	3.6	2:30	3.0	8:49	0.1	8:40	0.4	5:26	8:33	
3	Fri	2:29	3.5	3:15	2.9	9:28	0.1	9:20	0.5	5:26	8:33	
4	Sat	3:09	3.4	4:02	2.9	10:06	0.2	9:57	0.6	5:27	8:33	
5	Sun	3:49	3.3	4:50	2.9	10:42	0.3	10:34	0.7	5:28	8:33	
6	Mon	4:30	3.2	5:35	2.9	11:19	0.4	11:13	0.8	5:28	8:32	
7	Tue	5:11	3.0	6:16	2.9	11:57	0.5			5:29	8:32	
8	Wed	5:52	3.0	6:54	3.0	12:00	0.9	12:39	0.6	5:30	8:32	
9	Thu	6:34	2.9	7:31	3.1	1:03	1.0	1:27	0.6	5:30	8:31	
10	Fri	7:21	2.8	8:14	3.2	2:11	0.9	2:20	0.6	5:31	8:31	
11	Sat	8:15	2.8	9:05	3.4	3:14	0.8	3:14	0.5	5:32	8:30	
12	Sun	9:21	2.8	10:02	3.6	4:12	0.6	4:08	0.4	5:33	8:30	
13	Mon	10:29	2.9	10:59	3.8	5:07	0.3	5:02	0.3	5:33	8:29	
14	Tue	11:29	3.0	11:52	4.1	6:00	0.1	5:56	0.1	5:34	8:29	
15	Wed			12:23	3.2	6:54	-0.1	6:52	0.0	5:35	8:28	
16	Thu	12:43	4.2	1:17	3.3	7:46	-0.3	7:49	-0.1	5:36	8:27	
17	Fri	1:35	4.3	2:12	3.4	8:37	-0.4	8:43	-0.2	5:37	8:27	
18	Sat	2:30	4.2	3:09	3.5	9:27	-0.5	9:36	-0.1	5:38	8:26	
19	Sun	3:27	4.1	4:09	3.6	10:15	-0.5	10:30	0.0	5:38	8:25	
20	Mon	4:26	3.9	5:09	3.6	11:05	-0.4	11:27	0.1	5:39	8:24	
21	Tue	5:25	3.7	6:06	3.6	11:57	-0.2			5:40	8:23	
22	Wed	6:21	3.5	7:00	3.6	12:29	0.3	12:53	0.0	5:41	8:23	
23	Thu	7:16	3.3	7:52	3.6	1:35	0.4	1:51	0.1	5:42	8:22	
24	Fri	8:11	3.1	8:46	3.5	2:40	0.5	2:47	0.3	5:43	8:21	
25	Sat	9:10	3.0	9:42	3.5	3:40	0.5	3:41	0.4	5:44	8:20	
26	Sun	10:11	2.9	10:37	3.5	4:35	0.4	4:32	0.4	5:45	8:19	
27	Mon	11:07	2.9	11:27	3.6	5:26	0.4	5:20	0.5	5:46	8:18	
28	Tue	11:56	3.0			6:13	0.3	6:06	0.5	5:47	8:17	
29	Wed	12:10	3.6	12:41	3.0	6:59	0.2	6:51	0.5	5:48	8:16	
30	Thu	12:51	3.6	1:23	3.1	7:42	0.2	7:35	0.5	5:49	8:15	
31	Fri	1:29	3.6	2:05	3.1	8:23	0.2	8:17	0.5	5:50	8:14	