

Poughkeepsie, NY - Jun 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:57	3.2			6:17	-0.1	6:22	-0.1	5:23	8:24	
2	Tue	12:20	4.1	12:47	3.2	7:09	-0.2	7:12	0.0	5:23	8:24	
3	Wed	1:06	4.0	1:37	3.2	8:00	-0.2	8:02	0.1	5:22	8:25	
4	Thu	1:52	3.9	2:28	3.1	8:48	-0.2	8:49	0.2	5:22	8:26	
5	Fri	2:39	3.8	3:21	3.0	9:33	-0.1	9:34	0.4	5:22	8:27	
6	Sat	3:28	3.6	4:15	2.9	10:17	0.0	10:18	0.6	5:21	8:27	
7	Sun	4:20	3.4	5:09	2.8	11:01	0.2	11:03	0.7	5:21	8:28	
8	Mon	5:12	3.2	6:00	2.8	11:47	0.4	11:55	0.9	5:21	8:28	
9	Tue	6:02	3.1	6:47	2.8			12:36	0.5	5:21	8:29	
10	Wed	6:49	2.9	7:31	2.9	12:55	1.0	1:26	0.6	5:20	8:30	
11	Thu	7:34	2.8	8:15	3.0	1:58	1.0	2:15	0.6	5:20	8:30	
12	Fri	8:22	2.7	9:01	3.0	2:57	1.0	3:01	0.6	5:20	8:31	
13	Sat	9:15	2.6	9:48	3.2	3:50	0.9	3:45	0.6	5:20	8:31	
14	Sun	10:11	2.6	10:34	3.3	4:39	0.7	4:28	0.5	5:20	8:31	
15	Mon	11:03	2.7	11:15	3.5	5:26	0.5	5:11	0.5	5:20	8:32	
16	Tue	11:50	2.8	11:54	3.6	6:13	0.4	5:55	0.4	5:20	8:32	
17	Wed			12:33	2.8	7:00	0.2	6:41	0.4	5:20	8:33	
18	Thu	12:32	3.8	1:15	2.9	7:47	0.1	7:29	0.3	5:21	8:33	
19	Fri	1:13	3.9	2:01	3.0	8:33	0.0	8:18	0.2	5:21	8:33	
20	Sat	1:57	3.9	2:50	3.0	9:18	-0.1	9:07	0.2	5:21	8:33	
21	Sun	2:47	3.8	3:45	3.1	10:02	-0.1	9:56	0.2	5:21	8:34	
22	Mon	3:42	3.8	4:43	3.2	10:48	-0.1	10:48	0.3	5:21	8:34	
23	Tue	4:42	3.6	5:40	3.3	11:38	-0.1	11:47	0.4	5:22	8:34	
24	Wed	5:42	3.5	6:34	3.4			12:32	0.0	5:22	8:34	
25	Thu	6:39	3.4	7:27	3.5	12:55	0.4	1:29	0.0	5:22	8:34	
26	Fri	7:35	3.2	8:22	3.6	2:05	0.4	2:27	0.1	5:23	8:34	
27	Sat	8:35	3.1	9:19	3.7	3:11	0.4	3:23	0.1	5:23	8:34	
28	Sun	9:40	3.0	10:18	3.8	4:11	0.3	4:18	0.1	5:24	8:34	
29	Mon	10:44	3.0	11:13	3.8	5:07	0.2	5:10	0.2	5:24	8:34	
30	Tue	11:42	3.0			6:00	0.1	6:02	0.2	5:25	8:34	