

Poughkeepsie, NY - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:03	3.9	12:33	3.0	6:52	0.0	6:52	0.3	5:25	8:34	
2	Thu	12:49	3.9	1:22	3.0	7:42	0.0	7:42	0.3	5:26	8:34	
3	Fri	1:34	3.8	2:10	3.0	8:28	0.0	8:29	0.4	5:26	8:33	
4	Sat	2:19	3.7	2:58	3.0	9:12	0.0	9:13	0.5	5:27	8:33	
5	Sun	3:05	3.6	3:47	3.0	9:52	0.1	9:54	0.6	5:27	8:33	
6	Mon	3:51	3.4	4:35	3.0	10:30	0.2	10:35	0.7	5:28	8:33	
7	Tue	4:37	3.2	5:22	3.0	11:08	0.3	11:18	0.8	5:29	8:32	
8	Wed	5:23	3.1	6:05	3.0	11:45	0.4			5:29	8:32	
9	Thu	6:06	2.9	6:46	3.0	12:07	1.0	12:25	0.5	5:30	8:31	
10	Fri	6:48	2.8	7:24	3.0	1:06	1.0	1:09	0.6	5:31	8:31	
11	Sat	7:31	2.7	8:02	3.1	2:09	1.0	1:57	0.7	5:31	8:31	
12	Sun	8:19	2.6	8:47	3.2	3:08	1.0	2:49	0.7	5:32	8:30	
13	Mon	9:19	2.5	9:39	3.3	4:03	0.8	3:41	0.7	5:33	8:29	
14	Tue	10:23	2.6	10:34	3.5	4:55	0.6	4:33	0.6	5:34	8:29	
15	Wed	11:19	2.7	11:25	3.7	5:44	0.4	5:24	0.5	5:35	8:28	
16	Thu			12:08	2.9	6:34	0.2	6:16	0.4	5:35	8:28	
17	Fri	12:12	3.9	12:54	3.0	7:23	0.0	7:10	0.2	5:36	8:27	
18	Sat	12:59	4.0	1:42	3.2	8:11	-0.1	8:03	0.1	5:37	8:26	
19	Sun	1:47	4.0	2:32	3.3	8:57	-0.3	8:55	0.0	5:38	8:26	
20	Mon	2:37	4.0	3:25	3.4	9:41	-0.3	9:45	0.0	5:39	8:25	
21	Tue	3:31	3.9	4:21	3.6	10:26	-0.3	10:37	0.1	5:40	8:24	
22	Wed	4:28	3.7	5:17	3.6	11:12	-0.2	11:34	0.2	5:41	8:23	
23	Thu	5:26	3.5	6:12	3.7			12:03	-0.1	5:42	8:22	
24	Fri	6:22	3.3	7:05	3.7	12:38	0.3	1:00	0.1	5:43	8:21	
25	Sat	7:18	3.1	7:59	3.7	1:46	0.4	2:00	0.2	5:44	8:20	
26	Sun	8:18	3.0	8:57	3.6	2:52	0.5	3:00	0.3	5:44	8:19	
27	Mon	9:23	2.8	9:59	3.6	3:54	0.4	3:58	0.4	5:45	8:18	
28	Tue	10:31	2.8	10:57	3.6	4:51	0.4	4:53	0.4	5:46	8:17	
29	Wed	11:29	2.9	11:49	3.7	5:44	0.3	5:45	0.4	5:47	8:16	
30	Thu			12:20	3.0	6:34	0.2	6:35	0.4	5:48	8:15	
31	Fri	12:35	3.7	1:05	3.1	7:21	0.1	7:23	0.4	5:49	8:14	