

Poughkeepsie, NY - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:17	3.7	1:48	3.1	8:05	0.1	8:08	0.4	5:50	8:13	
2	Sun	1:58	3.7	2:31	3.1	8:45	0.1	8:50	0.5	5:51	8:12	
3	Mon	2:38	3.6	3:12	3.1	9:21	0.1	9:30	0.5	5:52	8:11	
4	Tue	3:18	3.4	3:54	3.1	9:55	0.2	10:07	0.6	5:53	8:10	
5	Wed	3:58	3.3	4:35	3.1	10:27	0.3	10:44	0.7	5:54	8:08	
6	Thu	4:38	3.1	5:14	3.1	10:56	0.4	11:24	0.9	5:55	8:07	
7	Fri	5:19	2.9	5:50	3.1	11:25	0.6			5:56	8:06	
8	Sat	6:01	2.8	6:26	3.1	12:11	1.0	11:58 AM	0.7	5:57	8:05	
9	Sun	6:45	2.7	7:04	3.2	1:15	1.1	12:43	0.8	5:58	8:03	
10	Mon	7:34	2.6	7:50	3.2	2:25	1.0	1:47	0.9	5:59	8:02	
11	Tue	8:34	2.5	8:49	3.3	3:29	0.9	2:59	0.8	6:00	8:01	
12	Wed	9:46	2.6	9:58	3.5	4:25	0.7	4:03	0.7	6:01	7:59	
13	Thu	10:51	2.8	11:01	3.7	5:18	0.5	5:02	0.5	6:02	7:58	
14	Fri	11:44	3.0	11:54	3.9	6:08	0.2	5:58	0.3	6:03	7:56	
15	Sat			12:33	3.3	6:57	0.0	6:53	0.1	6:05	7:55	
16	Sun	12:43	4.1	1:20	3.6	7:45	-0.2	7:47	-0.1	6:06	7:54	
17	Mon	1:31	4.2	2:09	3.8	8:31	-0.4	8:40	-0.2	6:07	7:52	
18	Tue	2:21	4.1	3:00	3.9	9:15	-0.4	9:31	-0.2	6:08	7:51	
19	Wed	3:13	4.0	3:54	3.9	10:00	-0.4	10:22	-0.1	6:09	7:49	
20	Thu	4:08	3.7	4:49	3.9	10:45	-0.2	11:16	0.1	6:10	7:48	
21	Fri	5:06	3.5	5:46	3.9	11:34	0.0			6:11	7:46	
22	Sat	6:05	3.3	6:41	3.8	12:17	0.3	12:31	0.2	6:12	7:45	
23	Sun	7:04	3.1	7:37	3.6	1:25	0.5	1:34	0.5	6:13	7:43	
24	Mon	8:04	2.9	8:36	3.5	2:33	0.6	2:40	0.6	6:14	7:41	
25	Tue	9:10	2.8	9:40	3.5	3:37	0.6	3:42	0.7	6:15	7:40	
26	Wed	10:17	2.8	10:41	3.5	4:34	0.5	4:38	0.7	6:16	7:38	
27	Thu	11:15	2.9	11:33	3.6	5:25	0.4	5:29	0.6	6:17	7:37	
28	Fri			12:02	3.1	6:11	0.3	6:17	0.5	6:18	7:35	
29	Sat	12:16	3.6	12:44	3.2	6:54	0.3	7:02	0.5	6:19	7:33	
30	Sun	12:56	3.7	1:22	3.3	7:34	0.2	7:45	0.4	6:20	7:32	
31	Mon	1:33	3.6	1:59	3.4	8:12	0.2	8:26	0.4	6:21	7:30	