
































## Kingston, NY - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:48	4.2	4:21	3.7	10:39	-0.4	10:45	-0.4	6:30	5:45	
2	Fri	4:44	4.1	5:21	3.4	11:36	-0.2	11:38	-0.2	6:29	5:47	
3	Sat	5:44	4.0	6:23	3.3			12:44	0.1	6:27	5:48	
4	Sun	6:47	3.8	7:27	3.1	12:45	0.1	1:57	0.2	6:25	5:49	
5	Mon	7:53	3.7	8:36	3.1	2:01	0.3	3:06	0.2	6:24	5:50	
6	Tue	9:06	3.6	9:47	3.2	3:12	0.3	4:08	0.0	6:22	5:51	
7	Wed	10:16	3.7	10:50	3.4	4:15	0.2	5:02	-0.1	6:21	5:52	
8	Thu	11:13	3.8	11:41	3.6	5:10	0.0	5:51	-0.3	6:19	5:54	
9	Fri			12:00	3.9	6:02	-0.1	6:37	-0.4	6:17	5:55	
10	Sat	12:25	3.8	12:42	4.0	6:49	-0.2	7:20	-0.4	6:16	5:56	
11	Sun	1:05	4.0	1:21	3.9	7:34	-0.3	7:59	-0.4	6:14	5:57	
12	Mon	1:44	4.0	1:59	3.8	8:16	-0.3	8:36	-0.3	6:12	5:58	
13	Tue	2:21	4.0	2:37	3.7	8:55	-0.2	9:09	-0.2	6:11	5:59	
14	Wed	2:57	3.9	3:15	3.4	9:32	-0.1	9:40	0.0	6:09	6:00	
15	Thu	3:34	3.8	3:55	3.2	10:08	0.1	10:08	0.3	6:07	6:02	
16	Fri	4:11	3.6	4:37	3.0	10:44	0.3	10:34	0.5	6:05	6:03	
17	Sat	4:51	3.5	5:23	2.8	11:24	0.5	11:03	0.7	6:04	6:04	
18	Sun	5:34	3.3	6:11	2.7			12:18	0.7	6:02	6:05	
19	Mon	6:21	3.2	7:03	2.7			1:30	0.8	6:00	6:06	
20	Tue	7:14	3.2	8:02	2.7	1:08	1.0	2:39	0.8	5:59	6:07	
21	Wed	8:18	3.3	9:08	2.8	2:39	1.0	3:37	0.6	5:57	6:08	
22	Thu	9:27	3.4	10:09	3.1	3:43	0.7	4:27	0.3	5:55	6:10	
23	Fri	10:28	3.7	10:59	3.5	4:38	0.4	5:14	0.1	5:53	6:11	
24	Sat	11:18	3.9	11:42	3.9	5:29	0.1	5:58	-0.2	5:52	6:12	
25	Sun			12:03	4.1	6:20	-0.2	6:42	-0.4	5:50	6:13	
26	Mon	12:23	4.2	12:46	4.2	7:10	-0.5	7:27	-0.6	5:48	6:14	
27	Tue	1:04	4.5	1:31	4.2	7:59	-0.7	8:11	-0.7	5:47	6:15	
28	Wed	1:48	4.7	2:19	4.1	8:48	-0.7	8:55	-0.7	5:45	6:16	
29	Thu	2:36	4.7	3:12	4.0	9:37	-0.7	9:40	-0.5	5:43	6:17	
30	Fri	3:29	4.6	4:11	3.7	10:27	-0.5	10:29	-0.3	5:41	6:18	
31	Sat	4:28	4.3	5:14	3.6	11:24	-0.2	11:25	0.1	5:40	6:19	