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# Poughkeepsie, NY - Mar 1809

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 11:51 | 3.4 | | | 6:07 | -0.3 | 6:41 | -0.4 | 6:34 | 5:49 | |
| 2 | Thu | 12:19 | 3.3 | 12:29 | 3.5 | 6:53 | -0.4 | 7:22 | -0.5 | 6:33 | 5:51 | |
| 3 | Fri | 12:57 | 3.4 | 1:10 | 3.5 | 7:38 | -0.5 | 8:03 | -0.6 | 6:31 | 5:52 | |
| 4 | Sat | 1:38 | 3.5 | 1:54 | 3.4 | 8:23 | -0.6 | 8:43 | -0.6 | 6:30 | 5:53 | |
| 5 | Sun | 2:24 | 3.6 | 2:44 | 3.3 | 9:09 | -0.5 | 9:25 | -0.5 | 6:28 | 5:54 | |
| 6 | Mon | 3:16 | 3.5 | 3:41 | 3.1 | 9:58 | -0.4 | 10:13 | -0.3 | 6:26 | 5:55 | |
| 7 | Tue | 4:14 | 3.5 | 4:42 | 3.0 | 10:56 | -0.2 | 11:11 | -0.1 | 6:25 | 5:56 | |
| 8 | Wed | 5:15 | 3.4 | 5:45 | 2.9 | | | 12:04 | 0.0 | 6:23 | 5:58 | |
| 9 | Thu | 6:16 | 3.3 | 6:49 | 2.8 | 12:21 | 0.1 | 1:15 | 0.0 | 6:21 | 5:59 | |
| 10 | Fri | 7:21 | 3.2 | 7:57 | 2.8 | 1:34 | 0.1 | 2:21 | 0.0 | 6:20 | 6:00 | |
| 11 | Sat | 8:30 | 3.2 | 9:07 | 2.9 | 2:40 | 0.1 | 3:20 | -0.1 | 6:18 | 6:01 | |
| 12 | Sun | 9:36 | 3.3 | 10:08 | 3.1 | 3:40 | -0.1 | 4:15 | -0.2 | 6:16 | 6:02 | |
| 13 | Mon | 10:32 | 3.4 | 10:59 | 3.3 | 4:35 | -0.2 | 5:04 | -0.4 | 6:15 | 6:03 | |
| 14 | Tue | 11:20 | 3.5 | 11:44 | 3.4 | 5:26 | -0.3 | 5:52 | -0.4 | 6:13 | 6:04 | |
| 15 | Wed | | | 12:04 | 3.5 | 6:14 | -0.4 | 6:36 | -0.4 | 6:11 | 6:05 | |
| 16 | Thu | 12:25 | 3.5 | 12:46 | 3.4 | 7:00 | -0.4 | 7:18 | -0.4 | 6:10 | 6:07 | |
| 17 | Fri | 1:05 | 3.5 | 1:27 | 3.3 | 7:43 | -0.3 | 7:56 | -0.3 | 6:08 | 6:08 | |
| 18 | Sat | 1:44 | 3.4 | 2:09 | 3.2 | 8:24 | -0.3 | 8:32 | -0.2 | 6:06 | 6:09 | |
| 19 | Sun | 2:23 | 3.3 | 2:52 | 3.0 | 9:02 | -0.1 | 9:06 | 0.0 | 6:04 | 6:10 | |
| 20 | Mon | 3:03 | 3.2 | 3:37 | 2.8 | 9:41 | 0.1 | 9:39 | 0.2 | 6:03 | 6:11 | |
| 21 | Tue | 3:44 | 3.0 | 4:25 | 2.7 | 10:21 | 0.3 | 10:11 | 0.4 | 6:01 | 6:12 | |
| 22 | Wed | 4:26 | 2.9 | 5:13 | 2.5 | 11:09 | 0.5 | 10:50 | 0.6 | 5:59 | 6:13 | |
| 23 | Thu | 5:10 | 2.8 | 6:01 | 2.5 | | | 12:09 | 0.6 | 5:58 | 6:14 | |
| 24 | Fri | 5:57 | 2.7 | 6:52 | 2.4 | | | 1:14 | 0.6 | 5:56 | 6:15 | |
| 25 | Sat | 6:48 | 2.7 | 7:48 | 2.5 | 1:08 | 0.8 | 2:13 | 0.6 | 5:54 | 6:16 | |
| 26 | Sun | 7:50 | 2.7 | 8:47 | 2.6 | 2:15 | 0.7 | 3:06 | 0.4 | 5:52 | 6:18 | |
| 27 | Mon | 8:56 | 2.9 | 9:41 | 2.8 | 3:12 | 0.5 | 3:53 | 0.2 | 5:51 | 6:19 | |
| 28 | Tue | 9:52 | 3.0 | 10:27 | 3.1 | 4:04 | 0.2 | 4:38 | 0.0 | 5:49 | 6:20 | |
| 29 | Wed | 10:40 | 3.3 | 11:08 | 3.4 | 4:53 | 0.0 | 5:23 | -0.2 | 5:47 | 6:21 | |
| 30 | Thu | 11:23 | 3.4 | 11:48 | 3.7 | 5:42 | -0.3 | 6:07 | -0.3 | 5:46 | 6:22 | |
| 31 | Fri | | | 12:06 | 3.5 | 6:31 | -0.5 | 6:52 | -0.5 | 5:44 | 6:23 | |