

Poughkeepsie, NY - Mar 1968

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:49	3.2	2:06	3.2	8:20	-0.2	8:36	-0.3	6:29	5:46	
2	Sat	2:28	3.1	2:47	3.0	8:58	-0.1	9:08	-0.1	6:28	5:47	
3	Sun	3:06	3.1	3:29	2.8	9:35	0.1	9:37	0.1	6:26	5:48	
4	Mon	3:45	3.0	4:13	2.6	10:14	0.3	10:05	0.3	6:25	5:49	
5	Tue	4:23	2.8	4:59	2.4	10:58	0.5	10:36	0.5	6:23	5:50	
6	Wed	5:04	2.7	5:47	2.3	11:57	0.6	11:19	0.6	6:21	5:52	
7	Thu	5:47	2.7	6:38	2.2			1:09	0.7	6:20	5:53	
8	Fri	6:38	2.6	7:40	2.2	12:35	0.8	2:15	0.7	6:18	5:54	
9	Sat	7:42	2.6	8:48	2.2	1:57	0.7	3:12	0.5	6:16	5:55	
10	Sun	8:56	2.8	9:47	2.4	3:01	0.6	4:01	0.3	6:15	5:56	
11	Mon	9:55	3.0	10:34	2.7	3:56	0.4	4:47	0.1	6:13	5:57	
12	Tue	10:43	3.2	11:15	3.0	4:46	0.1	5:31	-0.1	6:11	5:58	
13	Wed	11:25	3.4	11:54	3.3	5:35	-0.1	6:14	-0.3	6:10	6:00	
14	Thu			12:06	3.5	6:24	-0.3	6:56	-0.5	6:08	6:01	
15	Fri	12:33	3.5	12:48	3.6	7:12	-0.5	7:37	-0.6	6:06	6:02	
16	Sat	1:15	3.7	1:33	3.5	7:59	-0.6	8:18	-0.6	6:05	6:03	
17	Sun	2:00	3.7	2:22	3.3	8:46	-0.6	8:59	-0.5	6:03	6:04	
18	Mon	2:50	3.7	3:16	3.1	9:35	-0.4	9:44	-0.3	6:01	6:05	
19	Tue	3:46	3.6	4:17	2.9	10:30	-0.2	10:36	0.0	6:00	6:06	
20	Wed	4:46	3.5	5:21	2.8	11:34	0.0	11:42	0.2	5:58	6:07	
21	Thu	5:48	3.3	6:25	2.7			12:47	0.2	5:56	6:09	
22	Fri	6:53	3.1	7:34	2.6	12:59	0.4	1:57	0.2	5:54	6:10	
23	Sat	8:03	3.1	8:46	2.7	2:12	0.4	3:00	0.1	5:53	6:11	
24	Sun	9:13	3.1	9:50	2.8	3:16	0.3	3:55	0.0	5:51	6:12	
25	Mon	10:11	3.2	10:42	3.0	4:12	0.2	4:44	-0.1	5:49	6:13	
26	Tue	11:00	3.3	11:25	3.2	5:03	0.1	5:29	-0.2	5:48	6:14	
27	Wed	11:42	3.3			5:50	0.0	6:11	-0.2	5:46	6:15	
28	Thu	12:04	3.3	12:21	3.3	6:35	-0.1	6:50	-0.2	5:44	6:16	
29	Fri	12:40	3.4	12:59	3.2	7:17	-0.1	7:26	-0.1	5:43	6:17	
30	Sat	1:15	3.4	1:37	3.1	7:56	-0.1	8:00	0.0	5:41	6:18	
31	Sun	1:48	3.4	2:16	2.9	8:33	0.0	8:31	0.1	5:39	6:20	