

Poughkeepsie, NY - Mar 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:51	3.0	11:20	2.7	4:45	0.3	5:31	0.1	6:30	5:45	
2	Sun	11:29	3.1	11:57	2.9	5:30	0.1	6:11	-0.1	6:28	5:47	
3	Mon			12:03	3.2	6:13	0.0	6:49	-0.2	6:27	5:48	
4	Tue	12:30	3.0	12:36	3.3	6:56	-0.1	7:25	-0.3	6:25	5:49	
5	Wed	1:03	3.2	1:09	3.3	7:36	-0.2	8:00	-0.3	6:23	5:50	
6	Thu	1:35	3.3	1:45	3.2	8:16	-0.3	8:33	-0.3	6:22	5:51	
7	Fri	2:12	3.4	2:26	3.1	8:57	-0.3	9:06	-0.2	6:20	5:52	
8	Sat	2:54	3.4	3:13	2.9	9:40	-0.1	9:43	-0.1	6:19	5:54	
9	Sun	3:44	3.4	4:10	2.7	10:31	0.0	10:28	0.1	6:17	5:55	
10	Mon	4:41	3.3	5:13	2.6	11:38	0.2	11:33	0.3	6:15	5:56	
11	Tue	5:44	3.2	6:20	2.5			12:56	0.3	6:14	5:57	
12	Wed	6:53	3.1	7:34	2.5	1:00	0.3	2:09	0.2	6:12	5:58	
13	Thu	8:08	3.1	8:51	2.7	2:19	0.3	3:12	0.1	6:10	5:59	
14	Fri	9:22	3.2	9:58	2.9	3:25	0.1	4:09	-0.1	6:08	6:00	
15	Sat	10:23	3.4	10:53	3.2	4:24	-0.1	5:00	-0.3	6:07	6:02	
16	Sun	11:14	3.5	11:40	3.4	5:18	-0.3	5:49	-0.5	6:05	6:03	
17	Mon			12:00	3.6	6:10	-0.4	6:34	-0.5	6:03	6:04	
18	Tue	12:24	3.5	12:43	3.6	6:58	-0.4	7:17	-0.5	6:02	6:05	
19	Wed	1:06	3.6	1:27	3.4	7:43	-0.4	7:57	-0.4	6:00	6:06	
20	Thu	1:46	3.5	2:10	3.2	8:26	-0.3	8:34	-0.2	5:58	6:07	
21	Fri	2:27	3.4	2:55	3.0	9:07	-0.2	9:09	0.0	5:57	6:08	
22	Sat	3:08	3.3	3:43	2.8	9:48	0.1	9:43	0.2	5:55	6:09	
23	Sun	3:51	3.1	4:33	2.6	10:33	0.3	10:17	0.5	5:53	6:11	
24	Mon	4:37	2.9	5:24	2.4	11:26	0.5	10:59	0.7	5:51	6:12	
25	Tue	5:26	2.8	6:16	2.3			12:31	0.7	5:50	6:13	
26	Wed	6:18	2.7	7:12	2.3	12:07	0.9	1:37	0.7	5:48	6:14	
27	Thu	7:16	2.6	8:14	2.3	1:26	0.9	2:35	0.7	5:46	6:15	
28	Fri	8:23	2.6	9:14	2.5	2:31	0.8	3:25	0.5	5:45	6:16	
29	Sat	9:25	2.8	10:04	2.7	3:26	0.7	4:10	0.3	5:43	6:17	
30	Sun	10:14	2.9	10:45	3.0	4:15	0.4	4:51	0.2	5:41	6:18	
31	Mon	10:54	3.1	11:21	3.2	5:01	0.2	5:31	0.0	5:40	6:19	