

Poughkeepsie, NY - Mar 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:45	3.0	6:17	2.4			1:07	0.4	6:30	5:45	
2	Mon	6:53	3.1	7:33	2.4	12:56	0.4	2:22	0.3	6:29	5:46	
3	Tue	8:11	3.1	8:55	2.6	2:23	0.3	3:25	0.1	6:27	5:48	
4	Wed	9:28	3.3	10:03	2.9	3:32	0.1	4:21	-0.2	6:25	5:49	
5	Thu	10:29	3.5	10:59	3.2	4:32	-0.2	5:13	-0.5	6:24	5:50	
6	Fri	11:22	3.7	11:49	3.5	5:28	-0.4	6:03	-0.7	6:22	5:51	
7	Sat			12:11	3.8	6:22	-0.6	6:51	-0.8	6:21	5:52	
8	Sun	12:37	3.7	12:59	3.8	7:14	-0.7	7:37	-0.8	6:19	5:53	
9	Mon	1:24	3.7	1:47	3.6	8:03	-0.7	8:20	-0.7	6:17	5:54	
10	Tue	2:11	3.7	2:37	3.4	8:50	-0.6	9:02	-0.5	6:16	5:56	
11	Wed	3:00	3.6	3:29	3.1	9:37	-0.3	9:44	-0.2	6:14	5:57	
12	Thu	3:50	3.4	4:23	2.9	10:27	-0.1	10:29	0.1	6:12	5:58	
13	Fri	4:41	3.2	5:17	2.7	11:24	0.2	11:21	0.4	6:11	5:59	
14	Sat	5:33	3.0	6:12	2.5			12:29	0.4	6:09	6:00	
15	Sun	6:27	2.8	7:09	2.4	12:25	0.6	1:36	0.5	6:07	6:01	
16	Mon	7:27	2.7	8:11	2.3	1:33	0.7	2:36	0.5	6:05	6:02	
17	Tue	8:33	2.7	9:13	2.4	2:35	0.7	3:29	0.4	6:04	6:04	
18	Wed	9:34	2.7	10:06	2.6	3:29	0.6	4:14	0.3	6:02	6:05	
19	Thu	10:23	2.9	10:50	2.8	4:18	0.4	4:56	0.2	6:00	6:06	
20	Fri	11:04	3.0	11:28	3.0	5:03	0.3	5:35	0.1	5:59	6:07	
21	Sat	11:40	3.1			5:46	0.1	6:13	0.0	5:57	6:08	
22	Sun	12:03	3.2	12:13	3.1	6:27	0.0	6:49	-0.1	5:55	6:09	
23	Mon	12:35	3.3	12:44	3.1	7:07	-0.1	7:23	-0.1	5:54	6:10	
24	Tue	1:04	3.3	1:14	3.0	7:45	-0.1	7:55	-0.1	5:52	6:11	
25	Wed	1:32	3.4	1:46	2.9	8:22	-0.1	8:25	0.0	5:50	6:12	
26	Thu	2:02	3.4	2:23	2.8	8:59	0.0	8:55	0.1	5:48	6:14	
27	Fri	2:40	3.4	3:08	2.7	9:39	0.1	9:29	0.2	5:47	6:15	
28	Sat	3:28	3.3	4:04	2.6	10:27	0.2	10:12	0.3	5:45	6:16	
29	Sun	4:27	3.2	5:09	2.6	11:33	0.3	11:17	0.5	5:43	6:17	
30	Mon	5:33	3.2	6:17	2.6			12:51	0.4	5:42	6:18	
31	Tue	6:42	3.2	7:28	2.7	12:53	0.5	2:01	0.3	5:40	6:19	