

Poughkeepsie, NY - Mar 1974

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	6:03	3.1	6:47	2.6			1:21	0.3	7:30	6:45	
2	Sat	7:07	3.1	7:55	2.6	1:10	0.2	2:38	0.3	7:29	6:46	
3	Sun	8:18	3.1	9:09	2.7	2:36	0.2	3:44	0.1	7:27	6:48	
4	Mon	9:36	3.2	10:22	2.9	3:49	0.0	4:43	-0.1	7:25	6:49	
5	Tue	10:47	3.4	11:23	3.2	4:51	-0.2	5:37	-0.4	7:24	6:50	
6	Wed	11:45	3.6			5:49	-0.4	6:28	-0.6	7:22	6:51	
7	Thu	12:15	3.5	12:36	3.7	6:44	-0.6	7:18	-0.7	7:20	6:52	
8	Fri	1:04	3.7	1:24	3.7	7:36	-0.7	8:05	-0.8	7:19	6:53	
9	Sat	1:51	3.8	2:11	3.6	8:26	-0.7	8:50	-0.8	7:17	6:55	
10	Sun	2:38	3.8	2:59	3.5	9:14	-0.7	9:33	-0.6	7:16	6:56	
11	Mon	3:25	3.6	3:48	3.2	9:59	-0.5	10:15	-0.3	7:14	6:57	
12	Tue	4:13	3.5	4:40	3.0	10:45	-0.2	10:57	0.0	7:12	6:58	
13	Wed	5:03	3.3	5:33	2.8	11:33	0.0	11:43	0.3	7:11	6:59	
14	Thu	5:54	3.1	6:25	2.6			12:29	0.3	7:09	7:00	
15	Fri	6:45	2.9	7:18	2.5	12:37	0.5	1:31	0.5	7:07	7:01	
16	Sat	7:38	2.8	8:13	2.4	1:41	0.7	2:34	0.5	7:05	7:02	
17	Sun	8:35	2.7	9:13	2.4	2:46	0.7	3:31	0.5	7:04	7:04	
18	Mon	9:37	2.7	10:13	2.5	3:44	0.7	4:22	0.4	7:02	7:05	
19	Tue	10:34	2.8	11:04	2.7	4:36	0.5	5:07	0.3	7:00	7:06	
20	Wed	11:22	2.9	11:47	2.9	5:23	0.4	5:49	0.1	6:59	7:07	
21	Thu			12:04	3.1	6:08	0.2	6:29	0.0	6:57	7:08	
22	Fri	12:24	3.1	12:40	3.1	6:51	0.1	7:08	-0.1	6:55	7:09	
23	Sat	12:57	3.2	1:15	3.2	7:34	-0.1	7:46	-0.2	6:54	7:10	
24	Sun	1:27	3.4	1:49	3.2	8:15	-0.2	8:22	-0.2	6:52	7:11	
25	Mon	1:56	3.4	2:24	3.1	8:55	-0.2	8:58	-0.2	6:50	7:12	
26	Tue	2:29	3.5	3:02	3.0	9:34	-0.2	9:33	-0.1	6:48	7:14	
27	Wed	3:06	3.5	3:47	2.9	10:15	-0.1	10:10	0.0	6:47	7:15	
28	Thu	3:53	3.5	4:41	2.9	11:01	0.0	10:53	0.1	6:45	7:16	
29	Fri	4:48	3.4	5:43	2.8	11:57	0.1	11:49	0.2	6:43	7:17	
30	Sat	5:52	3.3	6:46	2.8			1:07	0.2	6:42	7:18	
31	Sun	6:59	3.2	7:51	2.8	1:07	0.3	2:19	0.2	6:40	7:19	