

Poughkeepsie, NY - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:39	3.2	12:56	3.3	7:10	-0.2	7:29	-0.3	6:29	5:46	●
2	Tue	1:16	3.2	1:34	3.2	7:49	-0.2	8:04	-0.3	6:28	5:47	●
3	Wed	1:52	3.1	2:12	3.0	8:27	-0.1	8:37	-0.2	6:26	5:48	●
4	Thu	2:27	3.1	2:50	2.9	9:02	0.0	9:07	0.0	6:25	5:49	●
5	Fri	3:00	3.0	3:30	2.7	9:37	0.1	9:34	0.1	6:23	5:50	◐
6	Sat	3:33	2.9	4:11	2.6	10:12	0.3	10:02	0.3	6:21	5:52	◐
7	Sun	4:08	2.8	4:54	2.5	10:54	0.5	10:38	0.4	6:20	5:53	◐
8	Mon	4:50	2.8	5:41	2.4	11:57	0.6	11:32	0.5	6:18	5:54	◐
9	Tue	5:39	2.8	6:34	2.4			1:12	0.6	6:16	5:55	◐
10	Wed	6:37	2.8	7:37	2.4	12:56	0.6	2:18	0.5	6:15	5:56	◐
11	Thu	7:45	2.9	8:45	2.6	2:14	0.5	3:14	0.3	6:13	5:57	◐
12	Fri	8:59	3.1	9:45	2.9	3:17	0.2	4:05	0.0	6:11	5:59	◐
13	Sat	10:01	3.3	10:37	3.2	4:13	-0.1	4:54	-0.3	6:10	6:00	○
14	Sun	10:54	3.5	11:24	3.5	5:07	-0.3	5:42	-0.5	6:08	6:01	○
15	Mon	11:42	3.7			6:00	-0.6	6:30	-0.7	6:06	6:02	○
16	Tue	12:10	3.8	12:30	3.7	6:52	-0.8	7:17	-0.8	6:05	6:03	○
17	Wed	12:58	3.9	1:20	3.7	7:43	-0.8	8:04	-0.8	6:03	6:04	○
18	Thu	1:48	4.0	2:13	3.6	8:33	-0.8	8:51	-0.7	6:01	6:05	○
19	Fri	2:41	3.9	3:10	3.4	9:23	-0.7	9:39	-0.5	5:59	6:06	○
20	Sat	3:39	3.7	4:11	3.2	10:16	-0.4	10:32	-0.2	5:58	6:07	○
21	Sun	4:38	3.5	5:12	3.0	11:16	-0.2	11:34	0.1	5:56	6:09	○
22	Mon	5:38	3.3	6:12	2.9			12:22	0.0	5:54	6:10	○
23	Tue	6:36	3.2	7:12	2.8	12:43	0.3	1:28	0.1	5:53	6:11	◐
24	Wed	7:38	3.0	8:15	2.8	1:50	0.3	2:30	0.2	5:51	6:12	◐
25	Thu	8:41	3.0	9:17	2.9	2:51	0.3	3:24	0.1	5:49	6:13	◐
26	Fri	9:40	3.0	10:10	3.0	3:45	0.2	4:12	0.0	5:48	6:14	◐
27	Sat	10:30	3.1	10:54	3.2	4:34	0.1	4:56	0.0	5:46	6:15	◐
28	Sun	11:13	3.2	11:33	3.3	5:20	0.0	5:38	-0.1	5:44	6:16	◐
29	Mon	11:53	3.2			6:04	0.0	6:18	-0.1	5:42	6:17	◐
30	Tue	12:10	3.4	12:30	3.2	6:46	-0.1	6:55	-0.1	5:41	6:19	◐
31	Wed	12:44	3.4	1:07	3.1	7:25	-0.1	7:31	0.0	5:39	6:20	●