

Poughkeepsie, NY - Mar 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:46	3.2	5:11	2.8	11:35	0.1	11:47	0.1	6:30	5:45	
2	Thu	5:46	3.2	6:15	2.7			12:51	0.1	6:28	5:46	
3	Fri	6:51	3.2	7:24	2.7	1:06	0.1	2:02	0.1	6:27	5:48	
4	Sat	8:02	3.2	8:39	2.8	2:18	0.0	3:06	-0.1	6:25	5:49	
5	Sun	9:14	3.3	9:48	3.0	3:22	-0.1	4:03	-0.3	6:24	5:50	
6	Mon	10:16	3.5	10:46	3.3	4:21	-0.3	4:57	-0.5	6:22	5:51	
7	Tue	11:10	3.7	11:36	3.5	5:16	-0.5	5:48	-0.7	6:20	5:52	
8	Wed	11:59	3.7			6:09	-0.6	6:36	-0.7	6:19	5:53	
9	Thu	12:24	3.6	12:46	3.7	6:59	-0.7	7:23	-0.7	6:17	5:55	
10	Fri	1:10	3.6	1:32	3.6	7:47	-0.6	8:06	-0.7	6:15	5:56	
11	Sat	1:55	3.6	2:19	3.4	8:32	-0.5	8:47	-0.5	6:14	5:57	
12	Sun	2:41	3.4	3:08	3.2	9:16	-0.3	9:27	-0.2	6:12	5:58	
13	Mon	3:28	3.3	3:58	3.0	10:00	-0.1	10:08	0.0	6:10	5:59	
14	Tue	4:16	3.1	4:48	2.8	10:49	0.2	10:51	0.3	6:09	6:00	
15	Wed	5:04	2.9	5:38	2.6	11:44	0.4	11:43	0.5	6:07	6:01	
16	Thu	5:52	2.8	6:29	2.5			12:46	0.5	6:05	6:02	
17	Fri	6:42	2.7	7:24	2.5	12:46	0.7	1:47	0.6	6:04	6:04	
18	Sat	7:39	2.7	8:23	2.5	1:49	0.7	2:42	0.5	6:02	6:05	
19	Sun	8:40	2.7	9:21	2.6	2:46	0.6	3:32	0.4	6:00	6:06	
20	Mon	9:38	2.8	10:11	2.8	3:38	0.5	4:17	0.2	5:59	6:07	
21	Tue	10:25	3.0	10:53	3.0	4:25	0.3	5:00	0.1	5:57	6:08	
22	Wed	11:05	3.1	11:30	3.2	5:10	0.1	5:41	-0.1	5:55	6:09	
23	Thu	11:41	3.2			5:55	-0.1	6:22	-0.2	5:53	6:10	
24	Fri	12:05	3.3	12:16	3.3	6:39	-0.2	7:02	-0.3	5:52	6:11	
25	Sat	12:39	3.5	12:52	3.3	7:22	-0.3	7:40	-0.3	5:50	6:12	
26	Sun	1:14	3.6	1:31	3.3	8:04	-0.4	8:18	-0.3	5:48	6:14	
27	Mon	1:53	3.6	2:15	3.2	8:47	-0.4	8:57	-0.2	5:47	6:15	
28	Tue	2:39	3.6	3:07	3.1	9:32	-0.3	9:40	-0.1	5:45	6:16	
29	Wed	3:33	3.5	4:07	3.0	10:23	-0.1	10:31	0.0	5:43	6:17	
30	Thu	4:33	3.4	5:10	2.9	11:25	0.0	11:38	0.2	5:42	6:18	
31	Fri	5:36	3.4	6:14	2.9			12:36	0.1	5:40	6:19	