

Poughkeepsie, NY - Mar 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	2:20	3.7	2:46	3.6	8:56	-0.7	9:16	-0.7	6:30	5:45	
2	Fri	3:14	3.5	3:41	3.4	9:46	-0.5	10:03	-0.5	6:29	5:46	
3	Sat	4:08	3.4	4:36	3.1	10:39	-0.2	10:53	-0.2	6:27	5:47	
4	Sun	5:01	3.2	5:30	2.9	11:38	0.0	11:50	0.1	6:26	5:48	
5	Mon	5:54	3.0	6:24	2.7			12:42	0.2	6:24	5:50	
6	Tue	6:47	2.9	7:20	2.6	12:51	0.3	1:45	0.3	6:22	5:51	
7	Wed	7:44	2.8	8:20	2.5	1:52	0.4	2:43	0.3	6:21	5:52	
8	Thu	8:46	2.8	9:20	2.6	2:48	0.4	3:35	0.3	6:19	5:53	
9	Fri	9:43	2.9	10:12	2.7	3:40	0.4	4:22	0.2	6:18	5:54	
10	Sat	10:32	3.0	10:57	2.9	4:27	0.2	5:05	0.1	6:16	5:55	
11	Sun	11:14	3.1	11:37	3.0	5:12	0.1	5:47	0.0	6:14	5:57	
12	Mon	11:51	3.2			5:55	0.0	6:27	-0.1	6:13	5:58	
13	Tue	12:14	3.1	12:26	3.2	6:37	-0.1	7:04	-0.2	6:11	5:59	
14	Wed	12:49	3.2	12:58	3.2	7:17	-0.1	7:40	-0.2	6:09	6:00	
15	Thu	1:21	3.2	1:29	3.1	7:55	-0.2	8:13	-0.1	6:07	6:01	
16	Fri	1:51	3.2	1:59	3.0	8:31	-0.1	8:44	-0.1	6:06	6:02	
17	Sat	2:21	3.2	2:33	2.9	9:06	-0.1	9:13	0.0	6:04	6:03	
18	Sun	2:56	3.2	3:15	2.9	9:43	0.0	9:45	0.1	6:02	6:04	
19	Mon	3:41	3.2	4:07	2.8	10:28	0.1	10:27	0.2	6:01	6:06	
20	Tue	4:34	3.2	5:06	2.7	11:29	0.3	11:28	0.3	5:59	6:07	
21	Wed	5:34	3.2	6:09	2.7			12:46	0.3	5:57	6:08	
22	Thu	6:39	3.2	7:18	2.8	12:57	0.4	1:58	0.2	5:56	6:09	
23	Fri	7:51	3.2	8:33	2.9	2:14	0.2	3:01	0.0	5:54	6:10	
24	Sat	9:05	3.4	9:42	3.2	3:20	0.0	3:58	-0.2	5:52	6:11	
25	Sun	10:09	3.6	10:39	3.5	4:19	-0.2	4:51	-0.5	5:50	6:12	
26	Mon	11:04	3.7	11:30	3.7	5:14	-0.5	5:42	-0.6	5:49	6:13	
27	Tue	11:55	3.8			6:08	-0.6	6:32	-0.7	5:47	6:14	
28	Wed	12:19	3.9	12:44	3.8	7:00	-0.7	7:20	-0.8	5:45	6:16	
29	Thu	1:06	3.9	1:33	3.7	7:50	-0.7	8:06	-0.7	5:44	6:17	
30	Fri	1:54	3.8	2:24	3.5	8:37	-0.6	8:50	-0.5	5:42	6:18	
31	Sat	2:44	3.7	3:17	3.3	9:24	-0.4	9:34	-0.2	5:40	6:19	