

Poughkeepsie, NY - Mar 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:13	3.1	12:28	3.2	6:35	-0.1	7:07	-0.3	6:29	5:46	
2	Sun	12:52	3.1	1:04	3.2	7:15	-0.2	7:44	-0.2	6:28	5:47	
3	Mon	1:29	3.1	1:39	3.1	7:54	-0.1	8:18	-0.2	6:26	5:48	
4	Tue	2:05	3.1	2:13	3.0	8:30	-0.1	8:50	-0.1	6:24	5:49	
5	Wed	2:40	3.0	2:46	2.9	9:04	0.0	9:18	0.0	6:23	5:51	
6	Thu	3:14	2.9	3:19	2.7	9:37	0.2	9:44	0.2	6:21	5:52	
7	Fri	3:47	2.9	3:56	2.6	10:11	0.3	10:11	0.3	6:20	5:53	
8	Sat	4:24	2.9	4:41	2.5	10:55	0.4	10:49	0.4	6:18	5:54	
9	Sun	5:08	2.9	5:33	2.5			12:02	0.5	6:16	5:55	
10	Mon	6:00	2.9	6:32	2.4			1:21	0.5	6:15	5:56	
11	Tue	7:02	2.9	7:41	2.5	1:22	0.5	2:29	0.3	6:13	5:57	
12	Wed	8:15	3.1	8:57	2.7	2:37	0.3	3:27	0.1	6:11	5:59	
13	Thu	9:26	3.3	10:00	3.0	3:39	0.1	4:21	-0.2	6:10	6:00	
14	Fri	10:26	3.5	10:54	3.3	4:35	-0.2	5:12	-0.4	6:08	6:01	
15	Sat	11:18	3.8	11:43	3.6	5:30	-0.5	6:02	-0.7	6:06	6:02	
16	Sun			12:08	3.9	6:24	-0.7	6:51	-0.8	6:05	6:03	
17	Mon	12:32	3.8	12:58	3.9	7:16	-0.8	7:39	-0.9	6:03	6:04	
18	Tue	1:21	3.9	1:49	3.8	8:07	-0.8	8:26	-0.8	6:01	6:05	
19	Wed	2:13	3.9	2:44	3.6	8:57	-0.7	9:12	-0.7	5:59	6:06	
20	Thu	3:08	3.7	3:41	3.4	9:48	-0.5	10:01	-0.4	5:58	6:08	
21	Fri	4:05	3.6	4:40	3.2	10:43	-0.3	10:55	-0.1	5:56	6:09	
22	Sat	5:02	3.4	5:37	3.0	11:45	0.0	11:56	0.2	5:54	6:10	
23	Sun	5:58	3.2	6:35	2.8			12:52	0.2	5:53	6:11	
24	Mon	6:56	3.0	7:34	2.7	1:02	0.4	1:56	0.2	5:51	6:12	
25	Tue	7:57	2.9	8:36	2.7	2:06	0.4	2:54	0.2	5:49	6:13	
26	Wed	9:00	2.9	9:34	2.8	3:04	0.4	3:45	0.2	5:47	6:14	
27	Thu	9:56	3.0	10:24	3.0	3:55	0.3	4:32	0.1	5:46	6:15	
28	Fri	10:43	3.1	11:07	3.1	4:43	0.2	5:14	0.0	5:44	6:16	
29	Sat	11:24	3.1	11:46	3.3	5:27	0.1	5:55	0.0	5:42	6:17	
30	Sun			12:02	3.2	6:10	0.0	6:34	-0.1	5:41	6:19	
31	Mon	12:23	3.3	12:37	3.2	6:51	-0.1	7:11	-0.1	5:39	6:20	