

Poughkeepsie, NY - Mar 1987

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:16	3.5	1:36	3.6	7:49	-0.6	8:12	-0.7	6:30	5:45	
2	Mon	2:02	3.5	2:23	3.4	8:35	-0.5	8:52	-0.6	6:29	5:46	
3	Tue	2:48	3.4	3:11	3.2	9:20	-0.3	9:31	-0.3	6:27	5:47	
4	Wed	3:34	3.3	4:00	2.9	10:05	-0.1	10:10	0.0	6:26	5:49	
5	Thu	4:21	3.1	4:51	2.7	10:55	0.2	10:52	0.3	6:24	5:50	
6	Fri	5:08	2.9	5:42	2.5	11:53	0.4	11:43	0.5	6:22	5:51	
7	Sat	5:56	2.8	6:35	2.3			12:59	0.6	6:21	5:52	
8	Sun	6:48	2.7	7:33	2.2	12:47	0.7	2:03	0.6	6:19	5:53	
9	Mon	7:50	2.6	8:38	2.3	1:55	0.8	3:01	0.6	6:17	5:54	
10	Tue	8:57	2.6	9:38	2.4	2:54	0.7	3:51	0.4	6:16	5:55	
11	Wed	9:55	2.8	10:28	2.6	3:47	0.5	4:36	0.3	6:14	5:57	
12	Thu	10:41	2.9	11:09	2.8	4:35	0.4	5:17	0.1	6:12	5:58	
13	Fri	11:19	3.1	11:46	3.0	5:20	0.2	5:57	0.0	6:11	5:59	
14	Sat	11:54	3.2			6:03	0.0	6:35	-0.1	6:09	6:00	
15	Sun	12:19	3.1	12:26	3.2	6:45	-0.1	7:11	-0.2	6:07	6:01	
16	Mon	12:50	3.3	12:58	3.2	7:26	-0.2	7:45	-0.2	6:06	6:02	
17	Tue	1:22	3.4	1:32	3.2	8:05	-0.2	8:18	-0.2	6:04	6:03	
18	Wed	1:55	3.4	2:11	3.0	8:45	-0.2	8:51	-0.1	6:02	6:05	
19	Thu	2:35	3.4	2:57	2.9	9:27	-0.1	9:26	0.0	6:01	6:06	
20	Fri	3:23	3.4	3:52	2.7	10:15	0.0	10:09	0.1	5:59	6:07	
21	Sat	4:19	3.3	4:55	2.6	11:16	0.2	11:08	0.3	5:57	6:08	
22	Sun	5:23	3.3	6:02	2.6			12:33	0.3	5:55	6:09	
23	Mon	6:31	3.2	7:13	2.6	12:35	0.4	1:47	0.3	5:54	6:10	
24	Tue	7:44	3.2	8:29	2.7	1:58	0.4	2:52	0.1	5:52	6:11	
25	Wed	8:59	3.2	9:39	3.0	3:07	0.2	3:50	-0.1	5:50	6:12	
26	Thu	10:03	3.4	10:35	3.2	4:07	0.0	4:42	-0.3	5:49	6:13	
27	Fri	10:56	3.5	11:24	3.5	5:02	-0.2	5:30	-0.4	5:47	6:14	
28	Sat	11:44	3.6			5:54	-0.3	6:17	-0.5	5:45	6:16	
29	Sun	12:08	3.6	12:28	3.6	6:43	-0.4	7:00	-0.5	5:44	6:17	
30	Mon	12:50	3.7	1:12	3.5	7:30	-0.4	7:42	-0.4	5:42	6:18	
31	Tue	1:31	3.7	1:56	3.3	8:14	-0.4	8:20	-0.2	5:40	6:19	