

Poughkeepsie, NY - Mar 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:01	2.8	6:34	2.2			1:29	0.6	6:30	5:46	
2	Thu	7:03	2.8	7:48	2.2	1:09	0.6	2:37	0.4	6:28	5:47	
3	Fri	8:19	2.9	9:05	2.4	2:32	0.5	3:34	0.2	6:26	5:48	
4	Sat	9:31	3.2	10:06	2.7	3:36	0.2	4:26	0.0	6:25	5:49	
5	Sun	10:28	3.4	10:57	3.1	4:33	0.0	5:15	-0.3	6:23	5:50	
6	Mon	11:18	3.6	11:43	3.4	5:27	-0.3	6:02	-0.6	6:21	5:51	
7	Tue			12:05	3.8	6:20	-0.6	6:49	-0.7	6:20	5:53	
8	Wed	12:29	3.7	12:53	3.8	7:12	-0.7	7:34	-0.8	6:18	5:54	
9	Thu	1:16	3.8	1:42	3.6	8:02	-0.8	8:18	-0.8	6:17	5:55	
10	Fri	2:05	3.8	2:34	3.5	8:51	-0.7	9:02	-0.7	6:15	5:56	
11	Sat	2:57	3.7	3:30	3.2	9:41	-0.5	9:49	-0.4	6:13	5:57	
12	Sun	3:53	3.6	4:29	3.0	10:37	-0.2	10:41	-0.1	6:12	5:58	
13	Mon	4:51	3.4	5:29	2.8	11:40	0.1	11:43	0.2	6:10	5:59	
14	Tue	5:51	3.1	6:30	2.6			12:50	0.2	6:08	6:01	
15	Wed	6:52	3.0	7:34	2.5	12:54	0.4	1:59	0.3	6:07	6:02	
16	Thu	7:58	2.9	8:40	2.6	2:04	0.5	3:00	0.3	6:05	6:03	
17	Fri	9:06	2.9	9:41	2.7	3:05	0.4	3:52	0.2	6:03	6:04	
18	Sat	10:04	2.9	10:31	2.9	3:59	0.3	4:39	0.1	6:01	6:05	
19	Sun	10:50	3.0	11:13	3.0	4:47	0.2	5:21	0.0	6:00	6:06	
20	Mon	11:30	3.1	11:51	3.2	5:32	0.1	6:00	0.0	5:58	6:07	
21	Tue			12:06	3.1	6:14	0.0	6:37	-0.1	5:56	6:08	
22	Wed	12:26	3.3	12:40	3.1	6:55	0.0	7:12	-0.1	5:55	6:10	
23	Thu	1:00	3.3	1:14	3.0	7:33	-0.1	7:45	0.0	5:53	6:11	
24	Fri	1:31	3.3	1:46	2.9	8:09	0.0	8:15	0.1	5:51	6:12	
25	Sat	2:01	3.2	2:17	2.8	8:44	0.1	8:42	0.2	5:49	6:13	
26	Sun	2:28	3.2	2:50	2.6	9:16	0.2	9:06	0.3	5:48	6:14	
27	Mon	2:58	3.1	3:28	2.5	9:50	0.3	9:33	0.5	5:46	6:15	
28	Tue	3:37	3.0	4:16	2.4	10:31	0.4	10:10	0.6	5:44	6:16	
29	Wed	4:28	3.0	5:13	2.4	11:32	0.6	11:04	0.7	5:43	6:17	
30	Thu	5:28	3.0	6:14	2.4			12:53	0.6	5:41	6:18	
31	Fri	6:33	3.0	7:22	2.5	12:39	0.7	2:03	0.4	5:39	6:19	