

Poughkeepsie, NY - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:02	3.5	3:35	3.1	9:51	-0.3	9:57	-0.4	6:30	5:45	
2	Fri	3:58	3.5	4:35	2.9	10:48	-0.1	10:50	-0.1	6:28	5:46	
3	Sat	4:58	3.3	5:37	2.7	11:56	0.1	11:57	0.1	6:27	5:48	
4	Sun	6:01	3.2	6:41	2.6			1:09	0.2	6:25	5:49	
5	Mon	7:07	3.1	7:50	2.6	1:13	0.2	2:18	0.1	6:24	5:50	
6	Tue	8:20	3.0	9:01	2.7	2:24	0.2	3:20	0.0	6:22	5:51	
7	Wed	9:30	3.1	10:04	2.9	3:27	0.1	4:14	-0.1	6:20	5:52	
8	Thu	10:27	3.2	10:55	3.1	4:22	0.0	5:03	-0.2	6:19	5:53	
9	Fri	11:14	3.3	11:39	3.2	5:14	-0.1	5:49	-0.3	6:17	5:55	
10	Sat	11:56	3.3			6:01	-0.2	6:32	-0.4	6:15	5:56	
11	Sun	12:19	3.3	12:35	3.3	6:46	-0.2	7:11	-0.3	6:14	5:57	
12	Mon	12:58	3.4	1:13	3.2	7:28	-0.2	7:48	-0.3	6:12	5:58	
13	Tue	1:35	3.4	1:51	3.1	8:07	-0.2	8:21	-0.1	6:10	5:59	
14	Wed	2:11	3.3	2:29	2.9	8:44	-0.1	8:52	0.0	6:09	6:00	
15	Thu	2:48	3.2	3:09	2.7	9:20	0.1	9:20	0.2	6:07	6:01	
16	Fri	3:25	3.0	3:51	2.5	9:56	0.3	9:46	0.4	6:05	6:03	
17	Sat	4:05	2.9	4:37	2.4	10:36	0.4	10:15	0.6	6:04	6:04	
18	Sun	4:48	2.8	5:25	2.3	11:30	0.6	10:57	0.7	6:02	6:05	
19	Mon	5:35	2.7	6:17	2.2			12:42	0.7	6:00	6:06	
20	Tue	6:28	2.7	7:16	2.2	12:20	0.8	1:51	0.6	5:58	6:07	
21	Wed	7:32	2.7	8:22	2.4	1:51	0.8	2:49	0.5	5:57	6:08	
22	Thu	8:41	2.9	9:23	2.6	2:55	0.6	3:39	0.3	5:55	6:09	
23	Fri	9:42	3.1	10:13	2.9	3:50	0.4	4:26	0.0	5:53	6:10	
24	Sat	10:32	3.3	10:56	3.3	4:41	0.1	5:10	-0.2	5:52	6:11	
25	Sun	11:17	3.5	11:37	3.6	5:32	-0.2	5:54	-0.4	5:50	6:13	
26	Mon			12:00	3.6	6:22	-0.4	6:39	-0.5	5:48	6:14	
27	Tue	12:18	3.8	12:45	3.6	7:11	-0.6	7:23	-0.6	5:46	6:15	
28	Wed	1:02	3.9	1:33	3.5	8:00	-0.6	8:07	-0.5	5:45	6:16	
29	Thu	1:50	3.9	2:26	3.3	8:49	-0.6	8:52	-0.4	5:43	6:17	
30	Fri	2:43	3.8	3:25	3.1	9:39	-0.4	9:41	-0.2	5:41	6:18	
31	Sat	3:42	3.6	4:28	3.0	10:36	-0.2	10:37	0.1	5:40	6:19	