

Poughkeepsie, NY - Mar 1996

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