

Poughkeepsie, NY - Mar 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:42	2.9	5:02	2.6	11:24	0.3	11:22	0.3	6:29	5:46	
2	Sun	5:35	3.0	6:02	2.5			12:45	0.4	6:28	5:47	
3	Mon	6:36	3.0	7:09	2.6	12:47	0.4	1:59	0.3	6:26	5:48	
4	Tue	7:46	3.1	8:25	2.7	2:09	0.2	3:03	0.1	6:25	5:49	
5	Wed	9:01	3.3	9:37	2.9	3:16	0.0	4:00	-0.2	6:23	5:50	
6	Thu	10:06	3.5	10:36	3.3	4:15	-0.2	4:54	-0.5	6:21	5:52	
7	Fri	11:02	3.7	11:29	3.5	5:11	-0.5	5:45	-0.7	6:20	5:53	
8	Sat	11:53	3.9			6:06	-0.7	6:36	-0.9	6:18	5:54	
9	Sun	12:18	3.7	12:43	3.9	6:59	-0.8	7:25	-0.9	6:16	5:55	
10	Mon	1:08	3.8	1:34	3.8	7:50	-0.9	8:12	-0.9	6:15	5:56	
11	Tue	1:59	3.8	2:27	3.7	8:40	-0.8	8:58	-0.8	6:13	5:57	
12	Wed	2:52	3.7	3:22	3.4	9:29	-0.6	9:44	-0.5	6:11	5:58	
13	Thu	3:46	3.5	4:18	3.2	10:21	-0.3	10:34	-0.2	6:10	6:00	
14	Fri	4:41	3.3	5:14	3.0	11:19	0.0	11:29	0.1	6:08	6:01	
15	Sat	5:35	3.1	6:09	2.8			12:22	0.2	6:06	6:02	
16	Sun	6:29	3.0	7:04	2.7	12:31	0.4	1:26	0.3	6:05	6:03	
17	Mon	7:26	2.8	8:03	2.6	1:34	0.5	2:25	0.3	6:03	6:04	
18	Tue	8:27	2.8	9:03	2.7	2:33	0.5	3:19	0.3	6:01	6:05	
19	Wed	9:27	2.8	9:57	2.8	3:26	0.4	4:06	0.2	6:00	6:06	
20	Thu	10:17	2.9	10:43	3.0	4:15	0.3	4:50	0.1	5:58	6:07	
21	Fri	11:01	3.1	11:24	3.1	5:00	0.2	5:31	0.0	5:56	6:08	
22	Sat	11:39	3.1			5:43	0.1	6:11	-0.1	5:54	6:10	
23	Sun	12:01	3.2	12:15	3.2	6:25	0.0	6:49	-0.1	5:53	6:11	
24	Mon	12:36	3.3	12:48	3.2	7:06	-0.1	7:25	-0.1	5:51	6:12	
25	Tue	1:08	3.3	1:20	3.1	7:44	-0.1	7:59	-0.1	5:49	6:13	
26	Wed	1:38	3.3	1:50	3.0	8:21	-0.1	8:30	0.0	5:48	6:14	
27	Thu	2:07	3.3	2:23	2.9	8:56	0.0	9:00	0.1	5:46	6:15	
28	Fri	2:39	3.3	3:02	2.8	9:32	0.0	9:31	0.2	5:44	6:16	
29	Sat	3:21	3.2	3:51	2.8	10:13	0.2	10:09	0.3	5:43	6:17	
30	Sun	4:13	3.2	4:49	2.7	11:08	0.3	11:04	0.4	5:41	6:18	
31	Mon	5:12	3.2	5:51	2.7			12:22	0.3	5:39	6:19	